

Bran Muffin Breakfast Trifle

Preparation time: 10 minutes

Chilling time: 6 hours or overnight

Serves 6; 1 cup per serving

Ingredients

- 3 cups coarsely crumbled low-fat bran muffins (about 3 medium muffins)
- 4 cups assorted fresh fruit chunks
- 2 cups nonfat or low-fat vanilla or fruit-flavored yogurt

Directions

Place half the muffin crumbs in a 2 ½ -quart glass bowl or airtight container. Arrange 3 ½ cups of fruit on top. Cover with remaining muffin crumbs. Spoon yogurt evenly over the top. Top with remaining fruit, cover, and refrigerate for at least 6 hours or overnight.

Nutrition Analysis (per serving)

Calories	177
Protein	6 g
Carbohydrate	38 g
Cholesterol	2 mg
Sodium	98 mg
Total fat	2 g
Saturated fat	0 g

This recipe is reprinted with permission from the American Heart Association