



Mason Bee and Cherry Flowers

Super Sundae



Cherries bloom in early spring when the weather can still be cold and frosty. Mason bees do some of their best work pollinating cherry trees while most other bees are still sleeping in their warm nests.



Ingredients

- 1 cup low-fat plain or vanilla yogurt
- 2/3 cup chopped peaches (fresh, frozen, or canned and drained)
- 2/3 cup cherries (fresh or frozen)
- 2 Tablespoons granola

Instructions

1. Wash hands with soap and water.
2. Divide yogurt between 2 clear glasses or dishes.
3. Spoon half of the peaches and cherries on top of the yogurt.
4. Sprinkle each sundae with granola.
5. Refrigerate leftovers within 2 hours.



Makes 2 cups
Prep time: 10 minutes

Visit FoodHero.org for a tasty Skillet Granola recipe!

Nutrition Facts	
2 servings per container	
Serving size	1 cup (231g)
Amount per Serving	
Calories	150
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 90mg	4%
Total Carbohydrate 24g	9%
Dietary Fiber 2g	7%
Total Sugars 18g	
Includes 1g Added Sugars	2%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 231mg	20%
Iron 0mg	0%
Potassium 430mg	10%
Vitamin A 27mcg	3%
Vitamin C 6mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Recipe Math Challenge



It's Saturday, and the food truck is at the farmers' market. We did the math and found out we need 16 cups of fruit to make this recipe for our customers! We have 8 cups of cherries from our tree, but we have only 1 1/3 cups of fresh chopped peaches! We decide to substitute frozen peaches for the fresh peaches.

❁ How many more cups of peaches will we need to make this recipe?