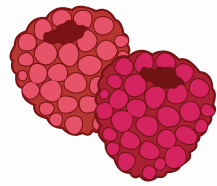


## Fruit



# Raspberry Ruckus Unicorn Swirl

A great  
summer  
snack!



### Ingredients:

- 2 cups fresh or frozen raspberries
- 1/2 tsp almond extract
- 2 cups low fat vanilla yogurt
- 2 Tbsp sliced almonds

### Nutrition:

Recipe makes 4 servings  
Each serving counts as 0.5 fruits

### Safety:

Do not open blender container while blending. Unplug before removing blender container.

Recipe approved by the American Diabetes Association

### Directions:

1. In blender, puree the berries.
2. Strain out seeds for perfectly smooth dessert.
3. Stir almond extract into yogurt.
4. Swirl raspberry puree into yogurt until you see red stripes (do not stir too long or you will get a pink pudding).
5. Scoop into four dessert bowls.
6. Scatter almonds on top and enjoy!

from the kitchen of  
**Playnormous**

