



RECIPE COURTESY OF FOOD NETWORK KITCHEN



Breakfast Yogurt Sundae

Use a fork to crush up $\frac{1}{3}$ cup fresh raspberries with 1 tablespoon pure maple syrup until saucy. Scoop 1 cup 2-percent Greek yogurt into a bowl and top with the raspberry sauce, $\frac{1}{4}$ cup blueberries and 1 tablespoon chopped roasted almonds.