

Vita Serving Suggestion:
**Chocolate for Breakfast
VitaSundae**

Deep Chocolate VitaTop



Ingredients:

DeepChocolate VitaTop

**4 ounces fat-free
vanilla yogurt**

**1/2 cup chopped
strawberries**



Makes One Chocolate for Breakfast VitaSundae

Deep Chocolate VitaTop: 100 Calories, 9g Fiber, 1.5g Fat.
As prepared below: 194 Calories, 7.5g Fiber, 1.75g Fat.

Instructions:

Break VitaTop into pieces and place in the blender. Pulse until reduced to crumbs.

Place one-third of the Vita crumbs in a small glass or bowl. Top with one-third of the strawberries. Add half of the yogurt.

Sprinkle half of the remaining Vita crumbs over the yogurt. Top with half of the rest of the strawberries.

Spread the remaining yogurt over the strawberries. Top with the rest of the Vita crumbs. Finish it all off with remaining strawberries and eat up! Yes!