

# Breakfast Cone



From: Kelly Hammer      Prep Time: 10 min  
Serves: Number of People      Cook Time: 00 min

## Instructions

- 1:  
Place a piece of fruit in bottom of cone
- 2:  
Add fruit to yogurt; mix
- 3:  
Pour yogurt mixture into ice cream cone; top with cereal

## NUTRITION

Amount per serving  
Servings: 1  
Calories: 124  
Fat calories: 0  
Percent values: 0% fat, 55% protein, 45% carb

## Ingredients

- 1  
Plain ice cream cone
- 1/4 cup  
Fat free yogurt
- 1/4 cup  
Sliced fruit of choice
- 2 TBS  
Crunchy cereal