**Scrumptious Sundae**

1 cup plain or vanilla yogurt  
1 banana  
1 tablespoon wheat germ  
1/2 cup chopped walnuts  
Honey or maple syrup, to taste  
2 large, fresh strawberries with stems

Spoon yogurt into 2 individual serving bowls. Slice banana into rounds and drop over yogurt. Sprinkle with wheat germ and walnuts. Drizzle honey or syrup over all. Top with strawberry, and serve.

**Serves 2**

**Nutritional Benefits**  
This recipe contains plant-based fats, such as walnuts, wheat germ containing folate, and 20% of the RDA for Calcium.