

Strawberry S'mores



Prep Time: 5 minutes

Ingredients:

- 2 strawberries
- 1 graham cracker
- 2 tablespoons low-fat vanilla yogurt

Directions:

1. Rinse the strawberries in water
2. Slice the strawberries
3. Break the graham cracker into 2 squares
4. Spread the yogurt on 1 square
5. Place strawberry slices on the yogurt
6. Top with the other graham cracker
7. Enjoy!

Makes: 1 serving

Nutritional Information:

Total calories: 57
Total fat: 1g
Protein: 2g
Carbs: 9g
Fiber: 1g
Saturated Fat: 0g
Sodium: 64g



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