

Strawberry S'Mores

Prep time: 5 minutes

Makes: 1 Serving

This quick, easy, and mouth-watering recipe is a perfect afternoon snack for the early days of summer. Kids will love that they can make it themselves, and parents will love that it's an inexpensive and healthy treat!

Ingredients

- 2 strawberries
- 1 graham cracker (broken in half)
- 2 **tablespoons** yogurt, low-fat vanilla

Directions

1. Rinse the strawberries in water.
2. Slice the strawberries.
3. Add the yogurt and strawberries to 1/2 of graham cracker.
4. Top with the other 1/2 of graham cracker.
5. Enjoy immediately.

Notes

Substitute any desired low-fat yogurt flavor.
Try other fruits like blueberries, bananas, etc.

University of Maryland Extension. Food Supplement Nutrition Education Program. Photo courtesy of The University of Connecticut Health Center, Center for Public Health & Health Policy.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	57	
Total Fat	1 g	2%
Protein	2 g	
Carbohydrates	9 g	3%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	64 mg	3%

MyPlate Food Groups

Fruits	1/4 cup
Grains	1/2 ounce