

Lemon Velvet Supreme

Rating: ★★★★★

Makes: 6 servings

Ingredients

- 2 cups** yogurt (vanilla, fat-free)
- 3 tablespoons** pudding mix (instant, lemon)
- 8** graham crackers (squares, crushed)
- 1 can** mandarin orange (4 ounce, slices, drained or your favorite fruit)

Directions

1. Combine vanilla yogurt and pudding mix; gently stir together.
2. Layer bottom of serving dish with crushed graham crackers.
3. Immediately pour pudding mixture over cracker crumbs.
4. Top with mandarin orange slices or your favorite fruit.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	150	
Total Fat	1 g	2%
Protein	5 g	
Carbohydrates	29 g	10%
Dietary Fiber	0 g	0%
Saturated Fat	0 g	0%
Sodium	200 mg	8%