# **Strawberry S'mores**

No campfire required for these fruity graham cracker snacks!

Makes: 4 servings Prep Time: 5 minutes

Source: MyPlate.gov

#### **Ingredients**

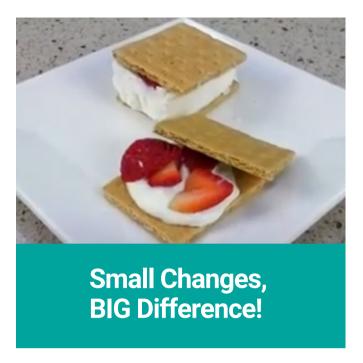
- 8 strawberries
- 4 graham cracker (broken in half)
- 1/2 cup yogurt, low-fat vanilla (8 tablespoons) or low-fat cream cheese

#### **Directions**

- 1. Wash hands with soap and water.
- 2. Rinse the strawberries in water.
- 3. Slice the strawberries.
- 4. Add the yogurt and strawberries to 1/2 of graham cracker.
- 5. Top with the other 1/2 of graham cracker.
- 6. Enjoy immediately or wrap in wax paper and aluminum foil for a frozen treat.

#### **Utensils Needed**

- Measuring spoons
- Paring knife
- · Cutting board
- Wax paper
- Aluminum foil









#### **Nutrition Information**

Serving Size: 1 5 mores	
Nutrients	Amount
Calories:	98
Total Fat:	<u>2 g</u>
Saturated Fat:	<u>0 g</u>
Cholesterol:	2 mg
Sodium:	88 mg
Total Carbohydrates:	<u>18 g</u>
Dietary Fiber:	<u>1 g</u>
Total Sugars:	<u>11 g</u>
Added Sugars:	<u>6 g</u>
Protein	<u>3 g</u>



#### **SHOPPING LIST**

Average total cost without oil and seasonings: \$8.97

Average cost/serving: \$2.24

**Recipe Makes: 4 Servings** 

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

#### **Ingredients**



Add 1 to cart Fresh Strawberries



Add 1 to cart Graham Crackers, 1 box



Add 1 to cart Vanilla Yogurt, Low-Fat

### **SAVE TIME, SAVE MONEY**

## **My Cooking Notes**

#### Chef's Tips

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

### **Similar Recipes**

Cut on costs by reusing these ingredients in other recipes found on <u>snapedny.org</u>, such as:

- Crunchy Berry Parfait
- · Strawberry and Cucumber Salad