

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



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 S'mores

Nutrients	Amount
Calories:	98
Total Fat:	2 g
Saturated Fat:	0 g
Cholesterol:	2 mg
Sodium:	88 mg
Total Carbohydrates:	18 g
Dietary Fiber:	1 g
Total Sugars:	11 g
Added Sugars:	6 g
Protein	3 g

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

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 snapedny.org, such as:

- **Crunchy Berry Parfait**
- **Strawberry and Cucumber Salad**

My Cooking Notes