

Lemon Velvet Supreme

Serving Size: 1/6 of recipe

Yield: 6 servings






Ingredients:

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

Preparation:

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

Source: SNAP-Ed Connection

Food Group Amounts:		
Color	Food Group	Amount
	Grains	½ oz
	Vegetables	--
	Fruits	0
	Dairy	¼ c
	Protein	--

Nutrient Totals	
Per Serving:	
Calories	150
Total Fat	1 g
Saturated Fat	0 g
Sodium	21 mg
Protein	5 g