

Lemon Velvet Supreme

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)

INSTRUCTIONS

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 oranges slices or your favorite fruit.

NOTES

Serving Size: 1/6 of recipe

Nutrition Facts per Serving:

Calories 150

Total fat 1g

Saturated fat 0g

Sodium 21mg

Protein 5g

Source: SNAP-Ed Connection