



Strawberry S'Mores

Prep time: 5 minutes

Makes: 1 Serving

This quick, easy, and mouth-watering recipe is a perfect afternoon snack for the early days of summer. Kids will love that they can make it themselves, and parents will love that it's an inexpensive and healthy treat!

Ingredients

- 2 strawberries
- 1 graham cracker (broken in half)
- 2 **tablespoons** yogurt, low-fat vanilla

Directions

1. Rinse the strawberries in water.
2. Slice the strawberries.

Nutrition Information

Nutrients	Amount
Calories	57
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	2 mg
Sodium	64 mg
Total Carbohydrate	9 g
Dietary Fiber	1 g
Total Sugars	6 g
Added Sugars included	2 g
Protein	2 g
Vitamin D	0 IU
Calcium	62 mg
Iron	0 mg
Potassium	118 mg
N/A - data is not available	
MyPlate Food Groups	
 Fruits	1/4 cup
 Grains	1/2 ounce

3. Add the yogurt and strawberries to 1/2 of graham cracker.
4. Top with the other 1/2 of graham cracker.
5. Enjoy immediately.

Notes

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

Source: University of Maryland Extension. Food Supplement Nutrition Education Program. Photo courtesy of The University of Connecticut Health Center, Center for Public Health & Health Policy.