



July 13- Frozen Yogurt Sandwich

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=69576>

Recipe

Ingredients:

- 1 cup fat-free yogurt
- $\frac{3}{4}$ cup fat-free cool whip
- 8 full sheets low-fat graham crackers

Directions:

1. Combine yogurt and cool whip and beat with whisk or electric beater.
2. Put mixture in freezer until it is thick, but not completely frozen (about an hour).
3. Break each graham cracker sheet in half, horizontally, so there is 16 squares. Place 8 squares on individual pieces of saran wrap.
4. Put about 2 spoonful's of yogurt mixture on each of the 8 crackers. Top each with the second cracker.
5. Wrap in saran wrap and freeze until ready to serve.

Yield 8 servings

Nutrition Facts

Serving Size 1 sandwich (44.38g)
Servings Per Container 8

Amount Per Serving

Calories 70 **Calories from Fat** 15

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **6%**

Trans Fat 0g

Cholesterol 0mg **1%**

Sodium 55mg **2%**

Total Carbohydrate 12g **4%**

Dietary Fiber 0g **1%**

Sugars 7g

Protein 2g **4%**

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.