



## June 23- Strawberry S'Mores

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/strawberry-smores>

### Recipe

*Ingredients:*

- 2 strawberries
- 1 graham cracker
- 2 Tablespoons yogurt, low-fat vanilla

*Directions:*

1. Rinse the strawberries in water.
2. Slice the strawberries.
3. Add the yogurt and strawberries to ½ of graham cracker.
4. Top with the other ½ of graham cracker.
5. Enjoy immediately.

Yield 1 serving

### Nutrition Facts

Serving Size 1 S'More (61.62g)  
Servings Per Container 1

**Amount Per Serving**

**Calories** 60      **Calories from Fat** 10

**% Daily Value\***

**Total Fat** 1g      **2%**

**Saturated Fat** 0g      **2%**

**Trans Fat**

**Cholesterol** 0mg      **1%**

**Sodium** 55mg      **2%**

**Total Carbohydrate** 11g      **4%**

**Dietary Fiber** <1g      **3%**

**Sugars** 8g

**Protein** 2g      **4%**

Vitamin A 0%      •      Vitamin C 25%

Calcium 6%      •      Iron 2%

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