



## March 8- Yogurt Strawberries

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1919885>

### Recipe

*Ingredients:*

12 strawberries

1 cup low-fat vanilla yogurt

*Directions:*

1. Dip strawberries in vanilla yogurt.
2. Put on a baking sheet lined with wax paper. Freeze strawberries.

Yield 12 servings

### Nutrition Facts

Serving Size 1 strawberry (30.83g)  
Servings Per Container 12

Amount Per Serving

**Calories** 20      Calories from Fat 0

% Daily Value\*

**Total Fat** 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

**Cholesterol** 0mg      0%

**Sodium** 15mg      1%

**Total Carbohydrate** 3g      1%

Dietary Fiber 0g      1%

Sugars 3g

**Protein** <1g      2%

Vitamin A 0%      •      Vitamin C 10%

Calcium 4%      •      Iron 0%

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