



ALMOST A MYPLATE SUNDAE

Ingredients

- 1/2 cup fresh, sliced strawberries or other fruit cut into bite-sized pieces
- 1 graham cracker square, crushed
- 1/2 cup fat-free or low-fat yogurt, any flavor
- 1 tablespoon chopped nuts, any type

Directions

1. Wash your hands and clean your cooking area.
2. Wash and slice fruit.
- 3 In a plastic sandwich bag or bowl, crush the graham cracker square.
4. In a small bowl, layer the crushed graham cracker, yogurt, fruit and nuts.
5. Serve.

PREPARATION: 10MIN

COOKING: 10MIN

SERVINGS: 1 SUNDAE

