Dinner Tonight!
Almost a Pyramid Sundae

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

Wash your hands and clean your cooking area. Wash and slice fruit. In a plastic sandwich bag or bowl, crush the graham cracker square. In a clear or glass dessert dish, layer the crushed graham cracker, yogurt, fruit and nuts.

Preparation Time: 10 minutes
Serves: 1

Nutrition Facts Per Serving:
Calories: 150
Total Fat: 6 g
Cholesterol: 0 mg
Sodium: 80 mg
Total Carbohydrate: 24 g
Protein: 3g