Dinner Tonight!
Almost a Pyramid Sundae

½ cup fresh, sliced strawberries or other fruit cut into bite size pieces
1 graham cracker square (2 ½ inches), crushed
½ 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 bag or bowl, crush the graham cracker square. In a small bowl, 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: 3 g