Dinner Tonight!

Yogurwiches

8 graham cracker squares
1 cup low-fat vanilla or fruit flavored yogurt
Plastic wrap

Lay one graham cracker square in the center of a 12in.X12in. piece of plastic wrap. Cover the graham cracker with 1/4 cup of yogurt being careful not to let it run off the cracker. Top yogurt with another graham cracker square making a sandwich. Gently wrap the yogurt sandwich up with the plastic wrap and place in the freezer until yogurt is frozen.

Preparation Time: 5 minutes
Chill Time: 30 minutes
Serves: 4 portions (1 sandwich each)

Nutrition facts per serving:
Calories: 86
Total Fat: 2 g
Cholesterol: 1 mg
Sodium: 118 mg
Total Carbohydrate: 15 g
Protein: 3 g