



Frozen Yogurt Pudding Sandwiches

Servings: 15

- 2 cups nonfat vanilla yogurt
- 1 package (3 3/8 ounces) vanilla or chocolate **instant** pudding mix
- 30 (2 1/2 inch) graham cracker squares (1 box)
- 30 sandwich bags

Method

1. Stir yogurt and dry pudding mix together. Blend thoroughly.
2. Break graham crackers in half.
3. Spread 2 tablespoons of blended mixture on 1 cracker, put top on to make a “sandwich”.
4. Put into baggie and place in freezer.
5. Enjoy this cool treat after it has frozen.

Substitutions

Use different flavor pudding mixes.

Nutrition Information (per serving = 2 sandwiches)

114 Calories; 1.5g Fat, 0g Saturated fat; 3g Protein; 23g Carbohydrate; 0g Dietary Fiber; 1mg Cholesterol; 202mg Sodium