

Lemon Fruit Pie in a Bag

Ingredients:

3 ounces vanilla low-fat yogurt
 1 tablespoon pudding mix, lemon flavored
 1 graham crackers, sheet
 1/8 cup fruit

Equipment:

Zippered sandwich bag
 Measuring cup

Number of Servings: 1
 Preparation Time: 10 minutes
 Total time: 10 minutes

Directions

1. In a sandwich bag, add 1/2 container vanilla yogurt, 1 tablespoon lemon flavored pudding mix, 1 sheet graham cracker, and 1/8 cup fruit.
2. Squish air out of bag and seal. Use hands to mix mixture together.
3. Allow to set for 5 minutes.

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Friend us on Facebook and follow us on Twitter

www.facebook.com/vafnp
www.twitter.com/vafnp

Nutrition Facts

Serving Size: 1/2 cup

Servings: 1

Amount Per Serving

Calories 150 **Calories from Fat 18**

%Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **4%**

Cholesterol 4mg **1%**

Potassium 199mg **6%**

Sodium 195mg **8%**

Total Carbohydrate 29g **10%**

Dietary Fiber trace g **1%**

Protein 5g **9%**

Vitamin A 1% Vitamin C 1%

Iron 2% Calcium 15%

*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.