

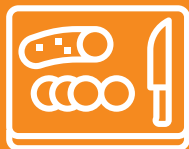


Lemon Velvet Supreme

4 Steps to Food Safety



Clean



Separate



Cook



Chill

Ingredients:

- 1 cup low-fat vanilla yogurt
- 1 ½ tablespoons instant, lemon pudding mix
- 4 graham cracker squares, crushed
- 1 can (15 ounces) mandarin orange slices, drained (or 2 cups of your favorite fresh or canned fruit)

Directions:

1. Wash hands with soap and water. Combine vanilla yogurt and pudding mix; gently stir together.
2. Layer bottom of serving dish with crushed graham crackers, reserving a few tablespoons to sprinkle on top.
3. Pour pudding mixture over cracker crumbs.
4. Top with mandarin orange slices or your favorite fruit. Sprinkle with remaining crumbs. Makes 4 servings.

Nutrition Information for 1 serving: Calories 110, Total Fat 1.5g, Saturated Fat 0.5g, Cholesterol 5mg, Sodium 135mg, Total Carbohydrates 21g, Fiber 1g, Total Sugars 12g, includes 6g Added Sugars, Protein 4g, Vitamin D 0%, Calcium 8%, Iron 0%, Potassium 4%

**For more healthy tips and recipes, go to:
Food.unl.edu**

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