



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



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Nutrition Facts Serving Size: 1/2 cup Servings: 1 Amount Per Serving Calories 150 Calories from Fat 18 %Daily Value* Total Fat 2g 3% 4% Saturated Fat 1g 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% 2% Calcium 15% Iron *Percent Daily Values are based on a 2,000 calorie diet

VCEP-5NP

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.

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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.