

Frozen Yogurt Pudding Sandwich

2 cups low fat or fat free vanilla yogurt
1 (3.4 ounces) package vanilla or
chocolate instant pudding mix
30 (2¹/₂ inches each) graham cracker
squares

**Makes 15 portions, 1 sandwich
each**

Per portion

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|----------------|----------------|
| Calories: | 113 |
| Carbohydrate: | 22 grams |
| Protein: | 3 grams |
| Fat: | 2 grams |
| Saturated fat: | 0 |
| Cholesterol: | 2 milligrams |
| Sodium: | 202 milligrams |
| Dietary fiber: | 0 |

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1. Mix yogurt and dry pudding mix with a wire whisk or hand mixer until smooth.
 2. Spread 2 tablespoons of pudding mixture between two graham crackers.
 3. Put on baking sheet and freeze for about 2 hours or until firm.
 4. Store in an airtight container or bag in the freezer.