

## Lemon Velvet Supreme

2 cups fat-free vanilla yogurt  
3 Tbsp. instant lemon pudding mix  
4 graham crackers (crushed)  
½ cup mandarin orange slices (drained)

### PREPARATIONS

1. Combine vanilla yogurt and pudding mix. Stir until combined.
2. Layer bottom of serving dish with crushed graham crackers.
3. Immediately pour pudding mixture over cracker crumbs.
4. Top with mandarin oranges.

Makes: 6 servings

#### Nutritional Information (per serving)

Total Calories	138
Total Fat	1 g
Protein	4 g
Carbohydrates	29 g
Dietary Fiber	0 g
Saturated Fat	0 g
Sodium	189 mg
Total Sugars	23 g

Source: USDA