



Magic S'mores Yogurt Cup



Entire recipe: 215 calories, 4g total fat (3g sat. fat), 74mg sodium, 31.5g carbs, 1g fiber, 26g sugars, 13g protein

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Prep: 5 minutes **Cook:** 5 minutes or less

Freeze: 15 minutes



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Ingredients

1 graham cracker (1/4 sheet), crushed, divided
One 5.3-oz. container (about 3/4 cup) fat-free vanilla Greek yogurt
1 tbsp. mini (or chopped) semi-sweet chocolate chips
1 tbsp. mini marshmallows

Directions

Fold three-fourths (about 1 1/2 tsp.) of the crushed graham cracker into the yogurt. Mix well.

In a small microwave-safe bowl, microwave chocolate chips for 40 seconds, or until melted. Stir well.

Top yogurt with melted chocolate, remaining one-fourth (about 1/2 tsp.) crushed graham cracker, and marshmallows, pressing lightly to adhere.

Freeze until chocolate has hardened, 10-15 minutes.

MAKES 1 SERVING

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