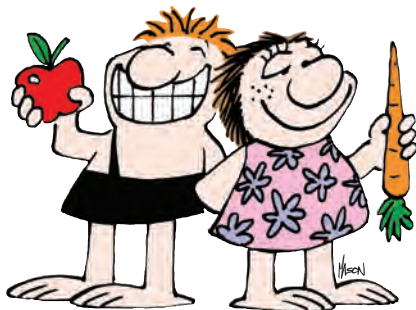


GRAHAM CRACKER SANDWICHES



A RECIPE FOR A HEALTHIER YOU!

GRAHAM CRACKER SANDWICHES

Serving size: 1 sandwich
Serves 4

INGREDIENTS:

8 graham cracker squares
4 Tablespoons light cream cheese
½ cup fresh or dried fruit
(strawberries, bananas, grapes, blueberries, cranberries, raisins)

DIRECTIONS:

Spread 1 Tablespoon cream cheese on 4 graham cracker squares.
Spread fruit out on top of cream cheese. Top with remaining graham cracker squares for a delicious sandwich!

NUTRITION FACTS (per serving): 93 calories, 2.5g fat, 1g saturated fat, 0g trans fat, 2mg cholesterol, 177mg sodium, 14g carbohydrates, 1g fiber, 4.5g sugar, 3.5g protein, 0% DV Vitamin A, 20% DV Vitamin C, 6% DV Calcium, 4% DV Iron