

Ingredients:

- 1 tangerine, peeled and segments separated
- 1 graham cracker sheet
- 2 Tablespoons low-fat plain yogurt

Directions:

1. Wash hands with warm water and soap. Wash fruit with water before preparing.
2. Break graham cracker in half and add the yogurt and 1 or 2 tangerine segments to $\frac{1}{2}$ of graham cracker.
3. Top with the other $\frac{1}{2}$ of graham cracker. Enjoy the rest of the tangerine on the side.



Nutrition Facts (Per Serving)

Calories, 130; Carbohydrate, 25 g; Protein, 3 g; Total Fat, 2 g; Saturated Fat, 0.5 g; Trans Fat, 0 g; Cholesterol, 0 mg; Fiber, 2 g; Total Sugars, 16 g; Sodium, 90 mg; Calcium, 92 gm; Folate, 24 mcg; Iron, 1 mg; Calories from Fat, 14%.

Makes 1 serving.

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 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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