



No-Bake Lemon Pies

Servings 8 | Prep time 15 mins. | Total time 15 mins.

Equipment:

Medium bowl

Zip-close plastic bag

Square or round serving dish (8x8-inch serving dish, pie plate, etc.)

Utensils:

Measuring cups and spoons

Mixing spoon

Spoon

Ingredients

2 cups vanilla low-fat yogurt

3 tablespoons lemon pudding mix

1 8 ounce can mandarin oranges in juice, drained

1/2 cup blueberries

4 graham crackers, crushed

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and fruit.
2. Add vanilla yogurt and pudding mix together in a medium bowl. Mix until combined. Add mandarin oranges and blueberries to bowl and gently stir.
3. Put graham crackers in a zip-close plastic bag and crush with your hands until they are a uniform consistency.
4. Place graham crackers in the bottom of the serving dish. Use the back of a spoon to smooth them into an even layer.
5. Pour pudding mixture over graham cracker layer. Eat immediately or refrigerate for a firmer texture.

Nutritional Information:

Calories 90 Total Fat 0g Sodium 125mg Total Carbs 18g Protein 3g