



## **Frozen Strawberry Sandwiches**

Makes 12 servings | Serving size: 1 sandwich

### **Ingredients Needed:**

- 1½ cups strawberries, fresh or frozen
- ¾ cup low-fat vanilla yogurt
- 12 graham crackers

### **Directions:**

1. Mash strawberries using a fork or potato masher. (If using frozen strawberries, partially thaw before mashing.)
2. Combine strawberries and yogurt in a mixing bowl. Mix well.
3. Snap each graham cracker in half.
4. Place a well-rounded tablespoon of the strawberry mixture on one cracker. Place another cracker on top to create a sandwich. Repeat to make 12 sandwiches.
5. Wrap each in plastic wrap, waxed paper, or a sandwich bag.
6. Put wrapped sandwiches on a flat surface in the freezer. Freeze for 2 to 4 hours.