

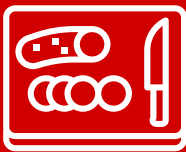


Strawberry Chocolate Bites

4 Steps to Food Safety



Clean



Separate



Cook



Chill

Ingredients:

- ¼ cup diced fresh strawberries, gently rubbed under cold running water
- ¼ cup low-fat vanilla yogurt
- 2 chocolate graham cracker squares

Directions:

1. Wash hands with soap and water.
2. Spread yogurt on graham crackers.
3. Top with chopped strawberries. Enjoy!

Makes 1 serving

Nutrition Information for 1 serving: Calories 130, Total Fat 2g, Saturated Fat 0.5g, Cholesterol 5mg, Sodium 105mg, Total Carbohydrates 24g, Fiber 1g, Total Sugars 14g, includes 8g Added Sugars, Protein 4g, Vitamin D 0%, Calcium 8%, Iron 6%, Potassium 4%

**For more healthy tips and recipes, go to:
[Food.unl.edu](https://www.food.unl.edu)**

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