

# Yogurt



## About Yogurt

- Yogurt is rich in calcium and probiotics.
- Calcium is used to build bones and teeth.
- Probiotics are good bacteria that promote gut health and a stronger immune system.

## Choosing

- Choose yogurt with a lower sugar levels or plain yogurt and just add fruit or spices to it.

## WIC Tips:

- You can swap yogurt for recipes that call for sour cream or mayonnaise.
- Greek yogurt has more protein than regular yogurt.

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# Lemon Velvet Supreme

Makes 6 servings Serving size: 1/2 cup Recipe adapted from UMass Extension Nutrition Education

## INGREDIENTS

- 2 cups yogurt (vanilla, fat-free)
- 1 ounce or 3 Tablespoons pudding mix (instant, lemon)
- 8 graham crackers (rectangles, crushed)
- 1 cup mandarin orange (4 ounce, slices, drained or your favorite fruit)

## INSTRUCTIONS

1. Combine vanilla yogurt and pudding mix; gently stir together.
2. Layer bottom of serving dish with crushed graham crackers., saving some to sprinkle on top..
3. Immediately pour pudding mixture over cracker crumbs.
4. Top with mandarin orange slices or your favorite fruit. Sprinkle with leftover crumbs.

