

Yo'Mores



PRE HEAT OVEN: 325 degree Fahrenheit

PREP TIME: about 5 minutes

COOK TIME: about 5-8 minutes

PAN: 1 baking pan

6 Graham Crackers squares, organic

Place on non-stick pan.

3 Dark Chocolate Bars, 100 Calorie 60% Cacao, Bissinger's

Place 1/2 bar (two sections) on top of each graham cracker. Place in oven until chocolate just starts to melt.

3 oz. Vanilla Yogurt, organic

Generously cover slightly melted chocolate with vanilla yogurt. Serve immediately.

OPTIONS: Top with nuts, granola, or fruit

Use Plain Yogurt

Use Yogurt with fruit

Place Graham Cracker on top

3 + God-made Colors: tan, brown, white (+ added fruit color)

3+ Food Groups: grains, sweet, dairy (added nuts and/or fruit)

When it is time for a treat, this is a fun one. Should you have it every week? No. However, it is Holiday time. We always say, when you have a treat, make sure it is made with real ingredients. Organic graham crackers, 60% chocolate bar and vanilla yogurt all fit this bill. They do have some redeeming health benefits but also enough sugar to keep Yo'Mores in the "Treat" category. Your kids will love this better version of really unhealthy S' Mores.