

Cracker Pyramids

Ingredients (makes 1 serving)

- 6 Whole grain crackers (such as Triscuits)
- 6 slices Reduced-fat cheese
- 6 slices of your choice sliced fruit: kiwifruit, strawberries, peach, plum, nectarine, etc.
- Orange marmalade thinned by mixing 1 Tablespoon marmalade with 1 teaspoon water

Directions

Layer crackers in the order given, topping with 1/4 teaspoon of thinned marmalade.

Nutrition Information- Per serving

Calories	300	Total Sugars	13g	Sodium	650mg
Protein	17g	Total Fat	13g	Cholesterol	30mg
Carbohydrate	32g	Saturated Fat	6.6g	Fiber	3g



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