

Muddy Pears

Ingredients (makes 4 servings)

- 1 can Pear halves, in juice or light syrup
- 1/2 cup Vanilla yogurt
- Graham crackers

Directions

1. Drain pears and discard juice.
2. Place a pear half on a paper plate.
3. Top pear with a spoonful of yogurt.
4. Crush a graham cracker with fingers and sprinkle crumbs on top. Serve Immediately.

Nutrition Information- Per serving

Calories	117	Total Sugars	14.1g	Sodium	109mg
Protein	2.8g	Total Fat	1.8g	Cholesterol	2mg
Carbohydrate	22.4g	Saturated Fat	.5g	Fiber	1.4g



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