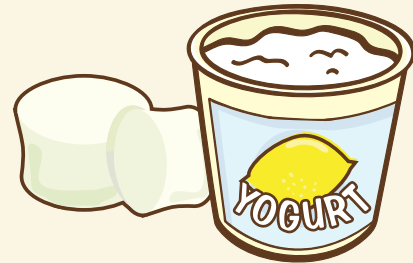


Lift-Off!'s Lemon Fluff

Ingredients:

1/2 cup marshmallow
1 cup light lemon-flavored yogurt



Instructions:

Place marshmallow cream in a microwave safe bowl. Microwave on high power for 45 seconds to soften. Add yogurt to marshmallow and blend with a wire whisk until smooth. Refrigerate and serve with assorted fruits, such as apple slices, grapes, and strawberries.

Tip: If lemon is not your favorite flavor, mix your favorite flavored yogurt with the marshmallow instead. Try strawberry or blueberry Light yogurt for variety.

Fluff serves: 2 people

Nutrition information for 1 serving of Fluff:
200 calories, 0 g fat, 0 g saturated fat, 45 mg sodium,
0 fiber.

Special Parents' Tip:

Serving fresh fruit with the dip will add fiber to this snack.

