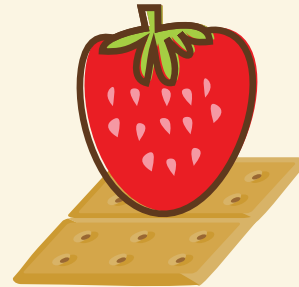


# Lift-Off!'s Strawberry Graham Snackers

## Ingredients:

1 cup fresh or frozen strawberries  
½ cup nonfat cream cheese (you may find  
nonfat strawberry cream cheese)  
12 graham crackers



## Instructions:

Place strawberries in a blender and blend until smooth.  
Add cream cheese and whirl until creamy and smooth.  
Spread strawberry-cream cheese on crackers and enjoy!

## Serves: 4 people

Nutrition Information for 1 serving:

130 calories, 2.5 g fat, 0 g saturated fat, 330 g sodium,  
< 1 gram fiber.

