



S'more

- 2 graham cracker squares (1 large rectangle)
- 1 sugar-free Hershey's mini bar
- 1 sugar-free marshmallow (another option is to use a sugar-free peep)

Microwave Directions

Place 1 graham cracker square on a microwave safe plate, top with chocolate and then marshmallow. Microwave on high for 15 seconds until marshmallow is soft and puffy. Top with other graham cracker square and enjoy. Makes 2 servings.

Campfire Directions

Toast marshmallow over campfire until perfectly browned. Assemble s'more by placing 1 graham cracker square on plate, top with chocolate and then toasted marshmallow. Top with other graham cracker square and enjoy. Makes 2 servings.

Nutrition information per serving: 60 calories, 1 grams protein, 2 grams fat, 9 grams carbohydrate, 45 mg sodium.