

## Frozen Pudding Sandwiches

2 cups nonfat milk

1 package (1.5 ounces) fat free, sugar free pudding mix

1 cup creamy peanut butter

50 graham cracker squares

Stir milk, pudding mix, and peanut butter together with a whisk or fork. Stir until mixture is smooth and thick. Spoon pudding mixture onto 25 of the graham cracker squares. Top with the rest of the 25 graham cracker squares to make sandwiches. Place sandwiches on a baking sheet and put in the freezer. Freeze until firm (about 3 hours). Put sandwiches in a freezer bag or airtight container and store in the freezer. Thaw 3 to 5 minutes at room temperature before serving. Yield: 25 sandwiches.

Nutrition Facts per Serving: 130 calories, 7 g fat, 180 mg sodium, 15 g carbohydrates, 1 g fiber, 4 g protein.