

Strawberry Frozen Yogurt Squares

From the National Dairy Council:

<http://www.nationaldairyCouncil.org/Recipes/Pages/Strawberry-Frozen-Yogurt-Squares.aspx>

Ingredients

- 1 cup crunchy wheat and barley cereal
- 3 cups fat-free strawberry yogurt
- 1 (10 oz.) bag frozen unsweetened strawberries (about 2 ½ cups)
- 1 cup fat-free sweetened condensed milk
- Optional: 1 cup light or fat-free whipped topping

Instructions

1. Line an 8x8-inch baking pan with foil. Sprinkle cereal evenly over bottom of pan; set aside.
2. Place yogurt, strawberries, and condensed milk in a blender; cover and blend until smooth. Pour mixture over top of cereal, gently smoothing to edges of pan. Cover with foil or plastic wrap and freeze for 8 hours or until firm.
3. Use edges of foil to loosen and remove from pan. Let thaw 5-10 minutes. Cut into 9 squares and serve. (Top with whipped topping, if desired.)

Note: Create your own variations by using other flavor combinations of yogurt and fruit.

Makes 9 servings

Nutrition information per serving:

Calories	200
Carbohydrate	42 g
Dietary Fiber	2 g
Protein	7 g
Total Fat	0 g
Sodium	150 mg
Calcium	20% DV

