

3-A-Day™ of Dairy

STRAWBERRY FROZEN YOGURT SQUARES

Recipe created by 3-A-Day™ of Dairy

Makes 9 servings (2 _ x 2 _ inch bars)

Prep time: 10 minutes

Freezer time: 8 hours

Ingredients:

- 1 cup crunchy wheat and barley cereal
- 3 cups fat-free strawberry yogurt
- 1 (10-ounce) bag frozen unsweetened strawberries (about 2 1/2 cups)
- 1 cup fat-free sweetened condensed milk
- 1 cup light or fat-free whipped topping (optional)

Line an 8x8-inch baking pan with foil. Sprinkle cereal evenly on the bottom of the pan; set aside.

Place yogurt, strawberries and condensed milk in a blender; cover and blend until smooth. Pour the mixture over top of cereal, gently smoothing yogurt mixture to edges of pan. Cover with foil (or plastic wrap) and freeze for 8 hours or until firm. Use edges of foil to loosen and remove from pan; let recipe thaw for 5 to 10 minutes. Cut into squares, top with whipped topping, if desired, and serve.

Storage tip: Squares may be individually wrapped and frozen for single servings.

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

Nutrition Facts per serving for individual recipe:

Calories	200
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	5 mg
Sodium	150 mg
Calcium	20% Daily Value
Protein	7 g
Carbohydrates	42 g
Dietary Fiber	2 g