

# Studio 5

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## “Frozen Strawberry Yogurt Squares”

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Kids will love helping make this easy cool treat for hot summer afternoons. Recipe created for 3-A-Day™ of Dairy. For more recipes, go to [www.3aday.org](http://www.3aday.org) Recipe serves 9

### Ingredients:

- 1 cup crunchy wheat and barley cereal (ie Grapenuts)
- 3 cups fat-free strawberry yogurt
- 1 package (10 oz) frozen unsweetened strawberries\*
- 1 cup fat-free sweetened condensed milk
- 1 cup light or fat-free whipped topping, optional

### Method:

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.

### Notes:

Squares may be individually wrapped and frozen for single servings. Create your own variations by using other flavor combinations of yogurt and fruit.

\* One 10 ounce package frozen strawberries is about 2 1/2 cups

<b>Nutrition Facts</b>	
Serving Size 1 square	
Servings Per Container 9	
Amount Per Serving	
<b>Calories</b> 220	<b>Calories from Fat</b> 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<b>Cholesterol</b> 5mg	<b>1%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 47g	<b>16%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 37g	
<b>Protein</b> 9g	
Vitamin A 10%	• Vitamin C 30%
Calcium 25%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	