

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 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

Nutrition Facts	
Serving Size 1 square	
Servings Per Container 9	
Amount Per Serving	
Calories 220	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 5mg	1%
Sodium 170mg	7%
Total Carbohydrate 47g	16%
Dietary Fiber 2g	8%
Sugars 37g	
Protein 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	