



## Strawberry Frozen Yogurt Squares

1 (14-ounce) can fat-free sweetened condensed milk, divided

Non-stick cooking spray

1 c. Post Grape-Nuts or similar cereal

½ tsp. ground cinnamon

Pinch ground cloves

1 (10-ounce) package frozen strawberries (about 2½ cups)

3 c. fat-free strawberry yogurt

Measure 1 cup of sweetened condensed milk; set aside. Line an 8-by-8-inch baking pan with foil; spray with non-stick cooking spray. In medium bowl, combine cereal, cinnamon, cloves and remainder of sweetened condensed milk. Spread cereal mixture evenly on bottom of pan, and place in freezer. Place strawberries and yogurt in a blender; cover and blend. Add 1 cup sweetened condensed milk; blend until smooth. Pour mixture over cereal, smoothing to edges of pan. Cover with foil (or plastic wrap) and freeze 8 hours or until firm. Use edges of foil to loosen and remove from pan; let thaw for 5 to 10 minutes. Cut into squares and serve.

Makes nine servings. Each serving has 200 calories, 0 grams (g) fat, 7 g protein, 42 g carbohydrate, 2 g fiber, 150 milligrams sodium and 200 milligrams calcium.

**Source:** NDSU Extension

