

# Strawberry Fro-Yo Bars

## Ingredients

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



## Preparation

1. Line 8x8 inch baking pan with foil. Sprinkle cereal evenly on the bottom of the pan and set aside.
2. Using a blender, blend yogurt, strawberries, and condensed milk until smooth.
3. Pour blended ingredients into pan on top of cereal, smoothing evening to the edges of the pan.
4. Cover with foil and freeze for 8 hours or until firm.
5. Use the edges of the foil to loosen and remove treat from pan. Let treat thaw for 5-10 minutes and cut into squares.

**Yield:** 16 servings

*Per Serving: 150 Calories | 1.5g Fat | 29g Carbohydrates | 5g Protein | 65mg Sodium*