



Lemon-Blueberry Yogurt Cheesecake Swap



Entire recipe: 181 calories, 2g total fat (1g sat. fat), 118mg sodium, 25.5g carbs, 0g fiber, 19g sugars, 13.5g protein

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Prep: 5 minutes

Chill: 5 hour



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Ingredients

One 5.3-oz. container Trader Joe's Blueberry Nonfat Greek Yogurt
5 [Trader Joe's Meyer Lemon Cookie Thins](#)

Directions

Peel back foil top of the yogurt (but don't detach). Slide cookies vertically down into the yogurt until they're mostly covered.

Cover yogurt and refrigerate for at least 5 hours, or until cookies are soft.

MAKES 1 SERVING

HG Tip: If you don't have a [Trader Joe's](#) near you, [try these cookies!](#)

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