



Strawberry Cheesecake Fro-Yo Bark



1/4 of recipe: 143 calories, 7g total fat (5g sat. fat), 113mg sodium, 17g carbs, 1g fiber, 10.5g sugars, 3g protein

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Prep: 10 minutes

Freeze: 3 hours



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Ingredients

- 1/3 cup whipped cream cheese
- 1/3 cup fat-free plain Greek yogurt
- 2 packets natural no-calorie sweetener
- 1 tsp. vanilla extract
- 1 dash salt
- 1 cup light whipped topping (thawed from frozen)
- 3/4 cup chopped strawberries
- 2 graham crackers (1/2 sheet), finely crushed
- 1 1/2 tbsp. mini (or chopped) semisweet chocolate chips

Directions

Line a baking sheet with parchment paper.

In a large bowl, combine cream cheese, Greek yogurt, sweetener, vanilla extract, and salt. Mix well. Gently fold in whipped topping. Mix until completely uniform.

Spread mixture onto the baking sheet in a thin layer, about 1/4 inch thick.

Top with strawberries, crushed graham crackers, and chocolate chips, and lightly press to adhere.

Lightly cover with foil and freeze until firm, at least 3 hours.

Slice or break into pieces.

MAKES 4 SERVINGS

HG Alternative: Can't fit a baking sheet in your freezer? Use an 8" X 8" baking pan sprayed with nonstick spray, spreading the mixture into an even layer.

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