

LAYERED FRUIT SALAD

3 cups low fat graham cracker crumbs
1 cup non fat yogurt
16 oz. fat free cream cheese
1/3 cup sugar
1 1/2 cups frozen strawberries
3 1/2 cups fat free Cool Whip
6 cups sugar free strawberry Jello (1 large and 1 small)

1. Preheat oven to 350 and spray a 9" X 13" pan with fat-free cooking spray.
2. Mix graham cracker crumbs and yogurt together. Spread evenly over bottom of pan. Bake for 15 to 20 minutes until crisp.
3. Prepare Jello according to directions on package, add frozen strawberries and put in refrigerator until it begins to set.
4. Mix cream cheese, sugar and 1/2 cup Cool Whip. Now start to layer the salad.
5. On top of the baked crust, spread the cream cheese mixture evenly. Set aside.
6. Once the Jello starts to set, put it over the cream cheese mixture. Return the pan to the refrigerator to allow Jello to set completely.
7. Top with remaining Cool Whip and garnish as desired. Garnish (banana & blueberries) not included in nutrient analysis.

Serving Information:

Calories per serving 108, Fat 4g, Carbohydrate 18g, Sat Fat 1g, Sodium 255mg, Protein 5g, Fiber 5g.