

Citrus Freeze Bars

Serves 15; 3 x 1 ¾ -inch bar per serving

Ingredients

- Vegetable oil spray
- 30 reduced-fat vanilla wafers
- 14-ounce can fat-free sweetened condensed milk
- Egg substitute equivalent to 1 egg (do not use unpasteurized egg)
- 1 to 2 teaspoons grated lime or lemon zest
- 2/3 cup fresh lime or lemon juice
- 8 ounces frozen fat-free or light whipped topping, thawed

Directions

Lightly spray a 9-inch baking pan with vegetable oil spray. Arrange the 25 cookies in a single layer in the pan. (There will be spaces between the cookies.)

Pour the milk and egg substitute into a medium bowl. Add the lime zest and lime juice. Stir for 3 to 4 minutes, or until the mixture begins to thicken. Fold in the whipped topping. Pour over the cookies in the baking pan.

Crumble the remaining 5 cookies over the filling. Cover with plastic wrap and put in the freezer for about 4 hours or until frozen.

To serve, let it thaw for 4 to 5 minutes, or just until the bars are cuttable. Cut into 15 bars.

Nutrient Analysis

Calories	135
Protein	3 g
Carbohydrates	28 g
Total fat	.5 g
Saturated fat	0 g
Cholesterol	1 mg
Fiber	0 g
Sodium	70 mg

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