

LIGHTENED STRAWBERRY PRETZEL DESSERT

SERVES: 12 | SERVING SIZE: 1 slice | PREP: 25 minutes | READY: about 4 hours

INGREDIENTS

Pretzel crust

- 1 1/2 cups (2 1/4 ounces) butter-flavored pretzels snaps (yields 3/4 cup **plus** 2 tablespoons crushed pretzel crumbs)
- 1/4 cup spreadable butter and oil blend (such as Land O Lakes Butter with Canola Oil)
- 2 tablespoons granulated sugar

Cream filling

- 1 package (8 ounces) reduced-fat cream cheese, softened
- 2/3 cup powdered sugar
- 1 teaspoon vanilla extract
- 1 cup plain low-fat Greek yogurt (such as FAGE Total 2%)

Strawberry topping

- 1 package (3 ounces) strawberry-flavored gelatin (such as strawberry Jell-O)
- 1 cup boiling water
- 2 cups sliced fresh strawberries (about 8 ounces)



DIRECTIONS

For the crust, preheat oven to 350 degrees F. Crush pretzels in a sealable zip-top bag with a rolling pin. In a medium-sized saucepan, melt butter and oil blend over low heat. Once melted, add granulated sugar and stir 1 minute. Remove from heat, add crushed pretzels to saucepan, and stir to combine. Press crumb mixture into bottom of an ungreased, 9-inch springform pan. Bake for 8 minutes. Remove from oven and cool on a wire rack.

For the cream filling, add cream cheese, powdered sugar, and vanilla to a bowl and beat, using an electric hand mixer, until smooth. Add yogurt and continue to mix until combined. Cover and refrigerate cream filling until ready to assemble dessert.

For the strawberry topping, in a glass bowl stir together gelatin and boiling water (1 cup) until gelatin dissolves. **Do not add additional cold water as the gelatin package instructs.** Set aside, allowing gelatin to come to room temperature. Stir in sliced strawberries once gelatin has cooled to room temperature.

To assemble dessert, evenly spread cream filling over cooled crust, making sure to spread filling to the edges of the pan (this creates a seal that stops the gelatin layer from seeping to bottom of pan). Carefully spoon gelatin and strawberry mixture over cream filling. Cover pan and refrigerate until gelatin is firm, about 3 to 5 hours. Cut into slices and serve.

NUTRITION INFORMATION PER SERVING

179 calories, 8 g total fat, 4 g saturated fat, 0 g trans fat, 21 mg cholesterol, 179 mg sodium, 22 g total carbohydrate, 0 g dietary fiber, 17 g total sugars, 14 g added sugars, 5 g protein, 0 mcg (0%) vitamin D, 40 mg (4%) calcium, 0 mg (0%) iron, 59 mg (2%) potassium

