

Key Lime Yogurt Bars

1 c. graham crackers
¼ cup Splenda® granular
⅛ teaspoon ground cinnamon
¼ cup margarine, melted
1½ cups Splenda® granular
⅓ cup Key lime juice
2 cups plain low-fat yogurt
1- 8oz. container of reduced-fat frozen whipped topping, thawed

Spray an 8x8-inch square pan with vegetable cooking spray. Set aside.

Crush graham crackers, reserving 2 tablespoons. Combine graham cracker crumbs, ¼ cup Splenda® granular, cinnamon and margarine, mixing well. Firmly press mixture evenly on bottom of prepared pan; set aside.

Combine 1½ cups Splenda® granular and lime juice in a heavy saucepan. Bring mixture to a boil. Reduce heat and cook about 5 minutes or until mixture is reduced by half. Set aside to cool.

Stir yogurt into Splenda® granular and lime mixture; fold in whipped topping. Spoon mixture over graham cracker crust; sprinkle with reserved graham cracker crumbs. Cover and freeze at least 4 hours or until firm. Let stand at room temperature 10 minutes before cutting bars. Makes 9 servings.

Serving size: 1 bar

Nutrition information: 190 calories, 10g total fat, 4.5g saturated fat, 5mg cholesterol, 170mg sodium, 22g carbohydrate, 0g fiber, 4g protein