

STRAWBERRY FROZEN YOGHURT BAR



9 servings



Prep: 15mins



Cook: 6hrs 30mins



INGREDIENTS

20g	raw almonds
8 pcs	whole wheat biscuits
60g	creamy peanut butter
2 tbsp	margarine
60g	strawberries
230g	plain yoghurt, low-fat
50g	condensed milk, low-fat

METHODS

1. Line a 5x5 inch baking pan with baking paper for easy removal
2. Finely ground almonds and whole wheat biscuits in a food processor to form crumb mixture.
3. Combine peanut butter and margarine and microwave for 30 seconds. Stir to combine.
4. Add in crumb mixture and stir till well combined.
5. Pour and pat down mixture firmly onto the baking pan to create crust.
6. Clean strawberries and remove stems, cut into bite size.
7. In a mixing bowl, combine yoghurt & condensed milk and stir till combined.
8. Gently fold in strawberries.
9. Pour yoghurt mixture on top of crust. Cover with cling wrap and freeze for 6 hours.

Tip: Let it sit at room temperature for 10 minutes before cutting and serving.



FESTIVE
DISHES



WHOLEGRAIN
WEDNESDAY

Nutrition Information (per serving)

Energy 127kcal, Carbohydrate 7.4g, Protein 4.6g, Fats 8.5g, Saturated Fats 1.9g, Polyunsaturated Fats 1.5g, Monounsaturated Fats 4.6g, Cholesterol 3.2mg, Dietary Fibre 1.1g, Sodium 77.8mg, Potassium 175mg, Phosphate 106mg



90 Yishun Central, Singapore 768828



www.ktph.com.sg



ktph.dietitians@ktph.com.sg



Call-A-Dietitian Hotline 983 22 983



@ktph.dietitians