

## Frozen Berry Squares

### Ingredients:

1 cup whole-grain, low sugar granola  
 2 cups fresh strawberries, raspberries or combination  
 3 cups low-fat Greek yogurt  
 1/3 cup agave nectar  
 1 tsp vanilla extract



### Making it:

1. Line 8" square baking pan with foil.
2. Sprinkle granola evenly on bottom of pan and set aside.
3. In a blender, whirl together berries, yogurt, agave nectar and vanilla until blended.
4. Pour berry mixture over granola, smoothing mixture to the edges of the pan.
5. Cover with foil and freeze until firm, approximately 4 hours. Keep frozen until serving.

### Tips and Hints:

- Low sugar granola is less than 10 g per serving.
- Recipe provide good source of protein, calcium and carbohydrate.

### NUTRITION FACTS

Servings: 8  
 Serving Size: 2" square

<b>Total Calories</b>	<b>170</b>
Carbohydrate	28 g
Total Fat	2 g
Protein	10 g
Fiber	2 g

Prep Time: 5  
 Cook Time: 0  
 Total Time: 4 hrs