

Yogurt Cheesecake

4 containers Kroger CarbMaster vanilla yogurt
8 oz cream cheese, fat-free, softened
3 cups pineapple juice, unsweetened
1 pint strawberries, sliced

Blend together yogurt and cream cheese. Spoon into 8 clear glasses or small bowls. Refrigerate until ready to serve. Top with sliced strawberries and drizzle with pineapple sauce before serving. Makes 8 servings.

Nutrition information per serving: 123 calories, 9 grams protein, 1 gram fat, 16 grams carbohydrate, 250 mg sodium.