

Lemon Yogurt Bars

From the National Dairy Council

<http://www.nationaldairyCouncil.org/Recipes/Pages/Lemon-Yogurt-Bars.aspx>

Ingredients

- ½ (17 oz. package) ready-to-bake sheet frozen puff pastry, thawed
- Flour for rolling puff pastry
- 2 cups confectioner's sugar (to be divided)
- ½ cup cornstarch
- 2 large egg yolks
- 2 Tbs. sugar
- 1 tsp. pure vanilla extract
- 1 cup fat free milk (to be divided)
- 4 cups low fat or fat free lemon yogurt (to be divided)
- 1 Tbs. lemon zest
- 1 ½ cups fresh blueberries or raspberries

Instructions

1. Preheat oven to 400 degrees.
2. On floured surface, roll out puff pastry to 11"x16". Cut in half lengthwise, and place both halves on ungreased baking sheet. Pierce pastry with fork all over.
3. Bake 7-10 minutes or until puffed and golden. Cool on rack.
4. Blend 1 cup confectioner's sugar, cornstarch, egg yolks, sugar, vanilla, and 2 Tbs. of the milk in medium bowl with a whisk. Set aside.
5. Bring remaining milk and 2 ½ cups yogurt to boil in a medium saucepan, while whisking.
6. Stir hot mixture into other mixture and blend thoroughly.
7. Return to saucepan and cook, stirring constantly, over medium heat for 4-5 minutes or until thickened to pudding consistency. Remove from heat, stir in lemon zest, and refrigerate for 20 minutes.
8. Spread the slightly-cooled filling on one piece of the pastry. Refrigerate additional 20 minutes, or until set.
9. **For frosting**, combine remaining yogurt (1 ½ cup) and confectioner's sugar (1 cup) in small bowl. Cover and refrigerate if not used immediately.
10. To assemble, place the plain piece of puff pastry on top of the piece with filling. Frost. Top with berries. Keep chilled until ready to serve.

Makes 10 servings (serving size: 1 bar)

Nutrition information per serving:

Calories	360	Cholesterol	45 mg
Carbohydrate	58 g	Sodium	140 mg
Protein	8 g	Calcium	20% Daily Value
Total Fat	11 g		
Saturated Fat	3 g		



Wellness Center