

## Lemon Yogurt Bars



Makes 10 servings (or 10 bars)

Prep time: 20 minutes

Cook time: 50 minutes (includes 40 minutes refrigeration time)

1/2 (17 ounce package) ready-to-bake sheet frozen puff pastry, thawed

For filling:

1 cup confectioner's sugar

1/2 cup cornstarch

2 large egg yolks

2 tablespoons sugar

1 teaspoon pure vanilla extract

1 cup fat free milk, divided

2 1/2 cups lowfat or fat free lemon yogurt

1 tablespoon lemon zest

For frosting:

1 1/2 cups lowfat or fat free lemon yogurt

1 cup confectioner's sugar

1 1/2 cups fresh blueberries and raspberries

Preheat oven to 400° F. On floured surface, roll out puff pastry to 11" x 16". Cut in half lengthwise and place both halves on an ungreased baking sheet. Pierce pastry with fork in several places. Bake 7-10 minutes or until puffed and golden. Cool on rack. Blend confectioner's sugar, cornstarch, egg yolks, sugar, vanilla and 2 tablespoons of the milk in medium bowl with a whisk. Set aside.

Bring remaining milk (3/4 cup plus 2 tablespoons) and 2 1/2 cups yogurt to a boil in a medium saucepan, while whisking. Stir hot milk-yogurt mixture into sugar, confectioner's sugar, egg and cornstarch mixture and blend thoroughly. Return to saucepan. Cook, stirring constantly, over medium heat for 4-5 minutes or until thickened to pudding consistency. Remove from heat and stir in lemon zest. Refrigerate mixture for 20 minutes. On a clean surface or large cutting board, spread the thickened, slightly-cooled filling on one piece of the pastry. Refrigerate additional 20 minutes, or until set.

For frosting, combine yogurt and confectioner's sugar in small bowl. Cover and refrigerate if not used immediately. To assemble, place the plain piece of puff pastry on top of piece with filling on it. Frost. Keep chilled until ready to serve. Before serving,

slice into 10 bars. Top with berries, and if desired, dust with additional confectioner's sugar.

**Nutritional Facts for individual food recipe:**

Calories: 360

Fat: 11 g

Saturated Fat: 3 g

Cholesterol: 45 mg

Sodium: 140 mg

Calcium: 20% Daily Value

Protein: 8 g

Carbohydrates: 58 g

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