

Milk & Cereal Bars

Prep time: 10 min | Cook time: 0 min

Total time: 5 hrs 10 min

Ingredients

- 5 (6-ounce) tubs Food Club Vanilla Yogurt
- 1 tablespoon honey
- 2 cups Food Club Fruit Frenzy, Hokus Pokus or Honey Nut Toasted Oats Cereal

Method

1. In a medium bowl, combine yogurt and honey and stir until blended.
2. Line 8" x 8" pan with wax paper and leave extra hanging over sides to use as handles. Spread yogurt mixture evenly over bottom of pan. Top yogurt with cereal, gently pressing it down into yogurt so it sticks together.
3. Cover the pan with plastic wrap and freeze for 5 hours, or until solid.
4. Remove bars from pan by lifting up wax paper handles and slice into 8 even servings.
5. Enjoy immediately or wrap individually and return to freezer.



Serves 6

