

## Frosty Marbled Yogurt Dessert

*Like a frozen cheesecake, this quick-to-prepare dessert is elegant enough for company yet low enough in fat and calories for any night of the week!*

1 cup chocolate wafer cookie crumbs  
3 tablespoons chocolate ice-cream topping  
1 quart strawberry cheesecake nonfat frozen yogurt, slightly softened  
1 quart mixed-berry nonfat frozen yogurt, slightly softened  
2 cups cut-up fruit

1. Spray bottom and side of springform pan, 9x3 inches, with nonstick cooking spray. Mix chocolate wafer crumbs and ice-cream topping. Press firmly against bottom of springform pan.
2. Scoop frozen yogurts onto crust, alternating colors. Spread yogurts slightly to smooth. Cover and freeze about 3 hours or until firm.
3. Run knife dipped in hot water along side of dessert to loosen; remove dessert from side of pan. Top with fruit.

**Per Serving:** Calories 205 (Calories from Fat 20 ); Total Fat 2 g (Saturated Fat 1 g);  
Cholesterol 0mg; Sodium 125 mg; Total Carbohydrate 44 g (Dietary Fiber 1 g);  
Protein 4 g

**% Daily Value:** Vitamin A 0%; Vitamin C 18 %; Calcium 12 %; Iron 2 %

**Exchanges:** 2 1/2 Fruit; 1/2 Milk

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