

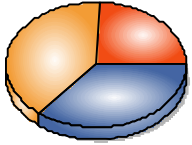


## Cinnamon-Toast Frozen Yogurt

By: Created by DrJez LLC

Recipe grams: 285.26g/10.1oz

Serves 2 142.63g/5.0oz per serving



Protein: 18%  
Carbohydrates: 63%  
Fat: 18%

### INGREDIENTS

1 tsp Yogurt Cheese  
4 oz MILK, SWEETENED CONDENSED, SKIM, GALLOWAY  
1 tbsp VANILLA EXTRACT, IMITATION  
1 sheet dough PHYLLO DOUGH  
1 tbsp Equal Sugar Lite  
1 serving CINNAMON, GROUND  
1 tbsp MARGARINE-LIKE SPREAD  
3 slices Cinnamon Pecan Bread w/Raisins  
1 tsp MARGARINE-LIKE SPREAD  
1 tsp BROWN SUGAR, LIGHT  
1 tsp CINNAMON, GROUND

### DIRECTIONS

For cookies. Preheat oven to 325oF. Combine sugar and cinnamon in a small bowl.

In another small bowl, melt spread.

Lay out a single phyllo sheet. lightly spray with canola or olive oil cooking spray and brush with melted spread. Sprinkle with cinnamon/sugar mixture. Cut into 8 pieces and lay on a cookie sheet, lightly sprayed with cooking spray.

Bake 8-12 minutes or until crips and golden. Remove and allow to cool on a rack.

Reduce oven to 300oF

Combine Yogurt Cheese, Vanilla, Sugar and Milk with a whisk. Begin Freezing in Ice Cream Machine

Pulse 1 slice of bread in food processor to make crumbs. Cut remaining slices into 1/4 to 1/2" cubes. Drizzle all with melted spread and lightly coat. Place in a 300oF oven for about 20 minutes, stirring halfway until crisp. Allow to combine with frozen yogurt during the last part of freezing.

Serve with 4 cookies.

### Nutrition Facts

Serving Size: 1 serving (142.6g)  
Servings: 1

#### Amount Per Serving

Calories 460 Calories from Fat 80

% Daily Value\*

**Total Fat** 9g **15%**

Saturated Fat 2g **10%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 370mg **15%**

**Total Carbohydrate** 72g **25%**

Dietary Fiber 4g **15%**

Sugars 9g

**Protein** 21g

Vitamin A 8%

• Vitamin C 0%

Calcium 50%

• Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet.