

**Dessert**

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# **Frosty Strawberry Dessert**

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Taste of Home Healthy Cooking Bonus Book - June/July 2008 - Cool Treats

**Servings: 2**

**Start to Finish Time: 10 minutes**

**1 package (10 oz) frozen sweetened strawberries, thawed**

**1 cup ice cubes**

**1 can (5 oz) evaporated milk**

**1/4 cup sugar**

**1 teaspoon lemon juice**

Place all of the ingredients in a blender or food processor.

Cover and process until smooth.

Pour into a freezer container. Freeze until firm.

Remove from the freezer 5 to 10 minutes before serving.

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Per Serving (excluding unknown items): 267 Calories; 10g Fat (31.6% calories from fat); 9g Protein; 38g Carbohydrate; trace Dietary Fiber; 37mg Cholesterol; 137mg Sodium. Exchanges: 0 Fruit; 1 Non-Fat Milk; 2 Fat; 1 1/2 Other Carbohydrates.