

Key Lime Bars

1 ½ cups graham cracker crumbs (20 squares)
1/3 cup butter, melted
3 tablespoons sugar
1 package (8 ounces) reduced fat cream cheese, softened
1 can (14 ounces) fat-free sweetened condensed milk
¼ cup lime juice
1 tablespoon grated lime peel

Heat oven to 350°. Cover bottom and sides of square pan, 9 X 9 X 2 inches, with cooking spray. Mix cracker crumbs, butter and sugar thoroughly with fork. Press evenly in pan. Refrigerate while preparing cream cheese mixture.

Beat cream cheese in small bowl with electric mixer on medium speed until light and fluffy. Gradually beat in milk until smooth. Beat in lime juice and lime peel. Spread over graham cracker layer in pan.

Bake about 35 minutes or until center is set. Cool 30 minutes. Cover loosely and refrigerate at least 3 hours until chilled. For bars, cut into 6 rows by 6 rows. Store covered in refrigerator.

Makes: 36 bars. *Serving size: 1 bar. Per serving: 110 calories, 4 grams fat, 12 grams carbohydrate, 70 mg sodium, 15 mg cholesterol, 0 grams fiber*

Adapted from our Cookbook of the Quarter, *Betty Crocker's Diabetes Cookbook*, available at Asheville's Barnes & Noble discounted 20% through March.

It is important for people with diabetes to realize that desserts are no longer a complete “no-no” as long as the portion sizes are small. Full of flavor, these little key lime bars are perfect to satisfy your cravings for something sweet. Although the recipe called for real cream cheese and sweetened condensed milk, I chose to use reduced fat cream cheese and fat free sweetened condensed milk, which reduced the saturated fat content, but not the taste. If you want this recipe to be free of hydrogenated fats, you can find graham crackers without hydrogenated fats at Earth Fare or most health food stores. Enjoy!

Your partners in health,
Candace and Lesley