

Strawberry Pretzel Salad

Make Over

Ingredients

- 2 cups crushed thin salted pretzels
- 1/2 cup butter, melted
- 3 tablespoons sugar
- 8 ounces fat free cream cheese, softened
- 1 cup granular splenda
- 1 (8-ounce) container lite whipped topping, thawed
- 1 package sugar free strawberry Jell-O
- 2 cups boiling water
- 2 cups thinly sliced fresh strawberries



Directions

1. Preheat oven to 400 degrees.
2. In a medium bowl, mix together crushed pretzels, butter, and 3 tablespoons sugar. Press into a 9X13-inch pan (sprayed with nonstick spray). Bake for 8 minutes and cool completely.
3. Use an electric mixer to beat cream cheese and 1 cup granular splenda until smooth. Fold in whipped topping using a rubber spatula. Spread over cooled pretzel crust being sure cream cheese mixture completely covers and seals the crust. This will help keep the jello layer from seeping down.
4. Refrigerate until chilled
5. In a bowl, whisk together jello and boiling water until jello is completely dissolved. Add the strawberries. Refrigerate for 5 minutes and then pour on top of cream cheese layer. Refrigerate until firm.

Original Recipe:

Nutrition Facts	
Servings: 12	
Amount per serving	
Calories	351
	% Daily Value*
Total Fat 20.3g	26%
Saturated Fat 13.2g	66%
Cholesterol 51mg	17%
Sodium 335mg	15%
Total Carbohydrate 41g	15%
Dietary Fiber 0.8g	3%
Total Sugars 35.3g	
Protein 3.7g	

Make Over:

Nutrition Facts	
Servings: 12	
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 10.1g	13%
Saturated Fat 7.1g	36%
Cholesterol 22mg	7%
Sodium 286mg	12%
Total Carbohydrate 16.6g	6%
Dietary Fiber 0.8g	3%
Total Sugars 6.1g	
Protein 3.5g	