

Frosty Strawberry Squares

Author: From an old Sunset magazine

***Carolyn T's
Cookbook***

Servings: 12



CRUST:

1 cup flour
1/4 cup brown sugar
1/2 cup walnuts, chopped

FILLING:

2 whole egg whites
1/2 cup unsalted butter, melted
1 cup sugar, or 2/3 cup if using frozen berries
2 tablespoons lemon juice
2 cups strawberries, sliced
16 ounces Cool Whip®, defrosted, or 1 cup heavy cream, whipped

Serving Ideas: This makes a very pretty dessert.

Categories: Desserts

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

*Per Serving (excluding unknown items): 342 Calories;
18g Fat (48.6% calories from fat); 3g Protein; 40g
Carbohydrate; 1g Dietary Fiber; 21mg Cholesterol;
22mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean
Meat; 0 Fruit; 3 1/2 Fat; 2 Other Carbohydrates.*

Notes: The original recipe called for fresh strawberries, and you can use them. I've used both - it's nice in the winter to have a strawberry dessert sometimes. With frozen, use 2/3 cup of sugar. If using fresh berries, you can reduced it - the recipe calls for 1 cup - if the berries are ripe, you can likely make do with 1/2 cup sugar total for the berries.

Description: A rich and refreshing frozen dessert you can make ahead!

Preparation Time: 40 minutes

Start to Finish Time: 6 hours 40 minutes

1. Preheat oven to 350 degrees F (175 degrees C).
2. To make the crust: combine flour, nuts, and brown sugar. Add melted butter, tossing to combine the ingredients. Spread the mixture evenly in a 9x13 inch pan.
3. Bake the crust at 350 degrees F (175 degrees C) for 15 minutes, stirring occasionally until lightly browned. Remove from pan and set aside to cool. Sprinkle 2/3 of the crust mixture in a 9x13 inch pan. Reserve the remaining crust mixture for the top.
4. Filling: In large bowl whip the egg whites until firm, then add the strawberries, sugar and lemon juice. Fold whipped topping into the mixture. Carefully spoon filling over the crust mixture. Sprinkle the remaining crust mixture on top. Cover and freeze for 6 hours or until firm. (You will need the full 6 hours). Allow pan to sit at room temperature for 10-20 minutes before serving.