A Kansas SNAP-Ed EZ Does it Recipe

Key Lime Bars

Servings: 16

Ingredients:

For crust Non-stick cooking spray 9 graham crackers, crushed 6 tablespoons butter, melted ¹⁄₄ cup sugar

For filling

4 ounces cream cheese, softened to room temperature 1 can (14-ounce) sweetened condensed milk 4 egg yolks ¹/₂ cup key lime juice (regular lime juice will work too) ¹/₈ teaspoon salt

1 cup whipped topping (optional)

Remember to wash your hands with soap and warm water before and after cooking.

Directions:

- **1.** Preheat oven to 350 degrees.
- **2.** Lightly coat an 8"x 8" baking pan with nonstick cooking spray.
- 3. In a small bowl, mix crushed graham crackers, butter, and sugar. Blend well. Press tightly into baking pan. Bake for 10 minutes.
- 4. In a large bowl using a spoon or whisk, stir cream cheese until smooth. Add sweetened condensed milk, egg yolks, lime juice, and salt. Stir until combined. Pour onto baked crust.
- 5. Bake about 20 minutes.
- 6. Allow to cool at room temperature, then chill in refrigerator at least 2 hours.
- 7. Cut into squares. Top with whipped topping, if desired.

Nutrition Facts: Each serving provides 200 Calories, 9g Total Fat, 5g Saturated Fat, 110mg Sodium, 25g Total Carbohydrate, 0g Dietary Fiber, 4g Protein



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.





