

Low-Point Wafer Treats

Low-Point Caramel Wafers

Ingredients:

- Reduced-fat vanilla wafers
- Hershey Rolo Caramels
- Pecan halves

Heat oven to 200 degrees. Place vanilla wafers, flat side up, on cookie sheet. Place one rolo on each wafer and bake for about 3 minutes. Remove from oven and press a pecan half in the center of rolo. Let cool and enjoy!

Serving size - 1 wafer with rolo and pecan

Points per serving - 1.3

Low-Point Wafer Freeze

Ingredients:

- Fat-free cool whip
- Yoplait light yogurt (any flavor)
- Reduced-fat vanilla wafers

Combine two tablespoons of cool whip with two tablespoons of yogurt. Place a vanilla wafer in the bottom of a cupcake holder. Spoon cool whip/yogurt mixture into cupcake holder. Place another wafer on top of cool whip/yogurt mixture (if desired) and freeze until just firm or completely frozen. Enjoy!

Serving size - 1 frozen treat

Points per serving - 1.8 (1.2 points without second wafer)

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"Be thankful for what you have and you'll end up having more; if you concentrate on what you don't have, you'll never have enough."
- Oprah Winfrey***