

DESSERT

Frosty Strawberry Squares

12 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	36	\$0.21	99 kcal



Frosty Strawberry Squares might be a good recipe to expand your dessert recipe box. This recipe serves 36 and costs 21 cents per serving. One serving contains 105 calories, 1g of protein, and 6g of fat. It will be a hit at your Mother's Day event. 79 people were impressed by this recipe.

Ingredients

- ☐ ¼ cup packed brown sugar
- ☐ 2 egg whites
- ☐ 1 cup heavy whipping cream, whipped
- ☐ 2 cups sliced fresh strawberries
- ☐ 1 cup white sugar
- ☐ ½ cup butter
- ☐ 1 cup all-purpose flour
- ☐ 2 tablespoons lemon juice
- ☐ ½ cup chopped walnuts

EQUIPMENT Bowl, Oven, Baking pan, Hand mixer

Method

- 1 Preheat oven to 350 degrees F (180 degrees C).
- 2 Stir together first four ingredients.
- 3 Spread evenly in a shallow baking pan.
- 4 Bake for 20 minutes, stirring occasionally.
- 5 Remove from oven and sprinkle 2/3 of these crumbs into a 13 x 9 inch baking pan.
- 6 Combine egg whites, sugar, berries, and lemon juice in a large bowl. With electric mixer, beat until stiff.
- 7 Fold in whipped cream. Spoon over crumbs.
- 8 Sprinkle remaining crumbs on top.
- 9 Freeze 6 hours or overnight.
- 10 Cut into squares and garnish with whole strawberries if desired.

Nutrition per serving

	99 KCAL	1 g PROTEIN	6 g FAT	11 g CARBS
Saturated Fat				3.3 g · 20% of daily needs
Fibre				0.4 g · 1% of daily needs
Sugar				7.7 g · 9% of daily needs
Sodium				25.5 mg · 1% of daily needs
Cholesterol				14.3 mg · 5% of daily needs
Vitamin C				5.1 mg · 6% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/frosty-strawberry-squares-142138