

1 cup crushed pretzels
¼ cup chopped pecans
½ cup butter, melted
1 cup granulated sugar, divided
8 ounces light cream cheese, softened
2 ½ cups pineapple cut in small pieces or 1 (20 oz. crushed pineapples, drained)
1 (12 oz. container) reduced fat whipped topping, thawed

Directions:

1. Preheat oven to 400 degrees. Line a 9x13-inch baking pan with parchment paper
2. In a medium bowl, stir together pretzel pieces, pecans, butter, and ½ cup sugar. Transfer mixture to prepared baking pan. Press down gently on it and spread it out some. It does not need to cover the bottom of the pan.
3. Bake for 7 minutes. Let cool.
4. In a large bowl, beat cream cheese and remaining ½ cup until smooth and creamy.
5. Fold in Pineapple and whipped topping. Refrigerator for at least 1 hour.
6. Just before serving, crumble the pretzel/pecan mixture and mix into pineapple mixture.

Servings 10

Nutrient Analysis, per serving: 114 calories, 22g. carbohydrate, 2.3g. protein, 2g. fat, 157mg. sodium