

Cream Cheese Filled Strawberries

Makes 6 servings

Ingredients

12 large strawberries
1/4 cup strawberry-flavored cream cheese
2 tablespoons reduced-fat sour cream
¼ cup blueberries (optional)

Directions

Cut the tops off of the strawberries and stand upright on the cut side.
Cut a deep “x” in the top of each strawberry being careful not to cut through.
Gently spread berries apart.
In a small bowl, beat cream cheese and sour cream until smooth.
Spoon or pipe* filling into each strawberry.
Top with blueberry if desired.
Refrigerate until ready to serve.

*If you do not have a piping bag, cut the corner of a zip-lock bag and squeeze the cream cheese filling inside the strawberries.

Nutrients per serving (2 strawberries)

Calories: 56
Protein: 1 g
Carbohydrates: 4 g
Sodium: 30 mg
Potassium: 80mg
Phosphorus: 22 mg

