

STUFFED STRAWBERRIES

22 strawberries, fresh

3 oz fat-free cream cheese, softened

1 Tbsp pecans, finely chopped

1 ½ Tbsp powdered sugar

1 tsp almond flavoring

1. Dice 2 strawberries horizontally and set aside. Cut a thin slice from the stem end of each remaining strawberry, forming a base for the strawberry to stand on.
2. Cut each strawberry into 4 wedges starting at the pointed end so the strawberry opens like a flower.
3. Beat the cream cheese and milk until fluffy. Stir in the diced strawberries, pecans, powdered sugar, and flavoring.
4. Spoon about 1 tsp of the mixture into each strawberry.
5. Chill and serve.

Preparation time: 20 minutes

Exchanges: free

Serves: 20

Calories: 17

Serving size: 1 strawberry

Total Fat: 0 grams