PB-rific Stuffed Strawberries

Entire recipe: 193 calories, 7g total fat (1g sat. fat), 314mg sodium, 26.5 carbs, 3g fiber, 11g sugars, 6.5g protein

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Ingredients

1/2 tbsp. Jell-O Sugar Free Fat Free Vanilla Instant pudding mix
1/2 tsp. granulated white sugar
1 tbsp. reduced-fat creamy peanut butter
1 tbsp. fat-free cream cheese
1/4 cup Cool Whip Free (thawed)
6 large strawberries

Directions

In a medium bowl, combine pudding mix, sugar, and 1 tbsp. cold water. Stir vigorously until smooth and slightly thickened. Add peanut butter, cream cheese, and Cool Whip, and stir vigorously until smooth and uniform.

Slice the stem ends off the strawberries, about 1/2 inch, revealing an opening in each berry. Use a narrow spoon to remove about half of the flesh inside each berry, allowing room for filling.

Spoon pudding mixture into a bottom corner of a plastic bag; snip off the tip of that corner to create a small hole, and pipe the mixture through the hole into the strawberries.

Serve and enjoy!

MAKES 1 SERVING

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