



Red, White & Blueberry Stuffed Strawberries



1/5th of recipe (2 stuffed strawberries): 29 calories, 0.5g total fat (0.5g sat fat), 17mg sodium, 5g carbs, 1g fiber, 3g sugars, 1.5g protein

Freestyle™ [SmartPoints®](#) value 0*

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Prep: 10 minutes



Tagged: [Dessert Recipes](#), [Meatless Recipes](#), [5 Ingredients or Less](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

10 large strawberries
1/4 cup light/low-fat ricotta cheese
1 natural no-calorie sweetener packet (like Truvia), or HG Alternative below
1/8 tsp. vanilla extract
30 small blueberries (about 1/3 cup)

Directions

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

Cut a thin slice off the bottom of each strawberry, so the berries sit flat.

In a small bowl, combine ricotta cheese, sweetener, and vanilla extract. Mix until uniform.

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

Press 3 blueberries into the filling of each strawberry.

MAKES 5 SERVINGS

SmartPoints® FYI: You can have FIVE of these stuffed strawberries for a **Freestyle™ SmartPoints®** value of 1*; **SmartPoints®** value of 1*!

HG Alternative: If you prefer to use sugar instead of no-calorie sweetener, you'll need twice as much (2 packets or 2 tsp.). Made with sugar, each serving will have 33 calories, 6g carbs, and 4.5g sugars (**Freestyle™ SmartPoints®** value 1*; **SmartPoints®** value 1*).

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.