



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

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Prep: 10 minutes



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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

WW Points® FYI: You can have FIVE of these stuffed strawberries for a **WW Points®** value of 1* on all plans!

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 (**WW Points®** value 1* on all plans).

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