



Strawberry Blintz Pockets



1/2 of recipe (1 pocket): 209 calories, 4g total fat (2.5g sat. fat), 488mg sodium, 30g carbs, 1g fiber, 6g sugars, 11.5g protein

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Prep: 10 minutes **Cook:** 15 minutes



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Ingredients

2 1/2 tbsp. light/reduced-fat cream cheese
2 tbsp. light/low-fat ricotta cheese
1 packet natural no-calorie sweetener
1/4 tsp. vanilla extract
1 dash cinnamon
1/2 cup self-rising flour
1/2 cup fat-free plain Greek yogurt
1/4 cup chopped freeze-dried strawberries
Optional topping: powdered sugar

Directions

Preheat oven to 450°F. Spray a baking sheet with nonstick spray.

In a medium bowl, combine cream cheese, ricotta, sweetener, vanilla extract, and cinnamon. Mix until smooth and uniform.

In a large bowl, mix flour with yogurt until dough forms. Evenly roll it out into 2 squares, each about 6" X 6". Place on the baking sheet.

Spread cheese mixture over one half of each square, leaving a 1/2" border, and top with strawberries. Fold the other halves over the mixture, and firmly press edges with a fork to seal.

Spray with nonstick spray. Bake until light golden brown and cooked through, 10-12 minutes.

MAKES 2 SERVINGS

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