



Strawberry Cheesecake Bagel Bites



1/2 of recipe (4 bagel bites): 220 calories, 2g total fat (1g sat. fat), 545mg sodium, 36.5g carbs, 4.5g fiber, 11g sugars, 12g protein

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



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Ingredients

1/2 cup whole-wheat flour
1 packet natural no-calorie sweetener (like Truvia)
3/4 tsp. baking powder
1/8 tsp. salt
One 5.3-oz. container (about 1/2 cup) fat-free strawberry Greek yogurt
1/2 tsp. vanilla extract
1/4 cup freeze-dried strawberries, chopped
2 wedges The Laughing Cow Light Creamy Swiss cheese
Optional topping: light/reduced-fat cream cheese, light butter

Directions

Preheat oven to 350 degrees. Spray a baking sheet with nonstick spray.

Place flour, sweetener, baking powder, and salt in a large bowl. Stir until uniform. Add yogurt and vanilla extract, and mix thoroughly. Fold in chopped strawberries.

Evenly form into 8 balls (about 2 tbsp. each). Press an indentation into each ball, and fill with 1/4th of a cheese wedge. Seal dough around filling.

Place on the baking sheet, evenly spaced, and spray with nonstick spray. Bake until lightly browned and cooked through, about 15 minutes.

MAKES 2 SERVINGS

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