

Strawberries in the **Pink**

EASY | RECIPE

3 cups sliced fresh
strawberries

½ cup **nonfat
sour cream**

½ cup **low-fat
cream cheese**
(softened)

½ tsp **vanilla
extract**

- 1.** Set aside 2 cups of berries.
- 2.** Purée 1 cup of berries in a blender.
- 3.** Add remaining ingredients and blend until very smooth; cover and refrigerate cream 2-3 hours.

Before serving: Combine remaining berries with cream and spoon into dessert cups.



Makes 4 servings. Per serving:

121 calories | 4g protein | 5g total fat | 2.5g sat fat | 1.3g mono fat | .4g poly fat
| 16mg cholesterol | 16g carbs | 7.9g sugar | 2.5g fiber | 149mg sodium