

Strawberry Bites

You can take these sweet or savory – keep an open mind!

Ingredients

- ½ cup heavy cream
- ¼ cup bulk sugar substitute
- ½ tsp vanilla extract
- 4 oz. light cream cheese, softened
- 12 large strawberries

Directions

1. Wash and dry strawberries.
2. With a sharp knife, slice down through the point of each berry about $\frac{3}{4}$ way to the crown. Place each berry leafy top down on a plate.
3. With an electric beater, whip cream until frothy. Add sugar substitute and vanilla and whip on high until soft peaks form.
4. Add softened cream cheese and whip for a few seconds. Do not overbeat or cream will break down. Place the mixture into a pastry bag.
5. Slightly spread the folds of the strawberry and insert the tip of the pastry bag to pipe a dollop of cream mixture into the center. Garnish with mint leaf or orange peel.



Variation: Instead of $\frac{1}{4}$ cup sugar substitute, use 1 Tablespoon sugar substitute and add a Tablespoon fresh chopped basil with a dash of freshly cracked pepper.

Makes 12 servings

Nutrition Facts:

Calories 50
Total Fat 4g
Total Carbohydrates 2g
Dietary Fiber 0g
Protein 1g

Adapted from the Good Carb Chef