

STRAWBERRY PHYLLO SURPRISE

Strawberry Phyllo Surprise

Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 8 (Serving= 1 triangle)

Nutrition (per serving)

Calories: 89

Total Carbohydrate: 16

Total Fat: 2 g

Dietary Fiber: 1 g

Saturated Fat: 1 g

Protein: 2 g

Sodium: 92 mg

Ingredients

- Cooking spray
- 8 sheets phyllo dough, thawed
- 1 cup strawberries, diced
- 3 Tablespoons honey
- 4 wedges Laughing Cow® cinnamon cream cheese spread

Directions

1. Preheat oven to 350 degrees Fahrenheit. Spray the bottom of a baking sheet with cooking spray and lay down four sheets of phyllo dough. Cut sheets into 4 rectangles and spray with cooking spray.

2. Place 1/8 cup of strawberries on one end of rectangle. On top, place ½ wedge of cream cheese and about 1 teaspoon of honey.

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3. Fold dough over strawberries to form a triangle. Continue the same triangle fold all the way up the dough for all 4 rectangles. Spray tops with cooking spray.
4. Repeat with 4 more sheets of phyllo dough.
5. Bake for 15-20 minutes or until golden brown and crispy.