

WHIPPED SWEETHEART SURPRISE

Low Carb / Diabetes Friendly, Lower Sodium, Vegetarian

Serves: 8 (Serving= 1/2 cup)

Nutrition (per serving)

Calories: 167

Total Fat: 6 g

Saturated Fat: 4.5 g

Sodium: 84 mg

Total Carbohydrate: 28 g

Dietary Fiber: 1 g

Total Sugars: 12 g

Protein: 1 g

Ingredients

- 1- 8 ounce tub light whipped topping
- 1 – 1 ounce sugar free, fat free cheesecake pudding mix
- 1 – 6 ounce light strawberry yogurt

- ¼ teaspoon almond extract
- ¼ teaspoon vanilla extract
- 1 ½ cups frozen, sliced strawberries, thawed
- 8 whole strawberries
- 4 Tablespoons mini chocolate chips
- 8 graham cracker squares, crushed into crumbs



Directions

1. In a large bowl, combine whipped topping, dry pudding mix, yogurt, vanilla extract and almond extract. Using a hand mixer, mix ingredients for 1-2 minutes.
2. Fold strawberries into mixture and set aside.
3. Serve in a martini glass or small glass bowl. Garnish with crushed graham crackers, mini chocolate chips and a strawberry on the rim.