



FRUITY CREAM CHEESE TREATS

	Ingredients	Exchanges
Protein	11.8 gm cream cheese, softened	0.6 (-3.6 gm fat)
	1.3 gm Jell-O® sugar free gelatin powder	0.4 (+0.4 gm fat)
Fat	13.1 gm butter, softened	3.25 (-3.15 gm fat)
Carbohydrate	12 gm strawberries, fresh, pureed	1
Other	1 tsp. cold water	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- In a small bowl, combine all of the ingredients.
- Stir until smooth and all of the cream cheese lumps are blended.
- Scoop the mixture into a silicone mold dividing evenly.
- Place in the freezer for at least 3 hours before serving.

VARIATIONS

- This recipe can be stored in the freezer for up to 2 months.
- To serve this recipe as a mousse, skip the freezing step and just serve chilled.
- Strawberries can be replaced with any other pureed fruit.
- Cream cheese can be replaced with other soft proteins such as ricotta cheese, yogurt, or mascarpone.
- Oil can be substituted in place of the butter.