PLEASUREFUL STRAWBERRY CHEESECAKE BITES

WOLF WELLNESS LAB

Ingredients

1 lb. Strawberries
8oz Package of cream cheese, softened
½ - ¾ cup of powdered sugar
1 tsp Real vanilla extract
10 Graham crackers

Nutritional Value

Calories: 41kcal
Carbohydrates: 4g
Fat: 2g
Saturated Fat: 1g
Cholesterol: 7mg
Sodium: 31mg
Potassium: 30mg
Sugar: 2g
Vitamin A: 95IU
Vitamin C: 7.1mg
Calcium: 10mg
Iron: 0.1mgs.

Instructions

Hull strawberries using a plastic straw or any available tool to push the green top off

Use the straw or any available tool to remove bits of the strawberry top to create a strawberry “cup”

Place strawberries on cutting board and cut a small part of the pointed tip off of the strawberry so that the strawberry will stand up.

In a bowl, beat the softened cream cheese, sugar, and vanilla with a hand mixer until fluffy.

Spoon cream cheese mixture into each berry.

Place graham cracker in Ziploc bag and crush with the palm of your hand, or use a rolling pin.

Sprinkle crushed graham crackers on top of each strawberry.

Serve immediately and enjoy!