

Makes 4 servings

Ingredients

24 medium- to large-size strawberries 6 ounces fat-free vanilla Greek yogurt 1 ounce dark chocolate (with at least 70% cocoa)

Directions

- I. Cut off the tip of each strawberry with a paring knife. (This will allow the strawberries to "stand up.") Then remove the green tops so you have a hole to fill each strawberry.
- Scoop the yogurt into a small zip-close bag. Cut off one of the bottom corners of the bag, then squeeze yogurt into each strawberry. Place filled strawberries on a baking sheet.
- 3. Using a fine grater, grate the chocolate over the filled strawberries. Place the baking sheet of filled strawberries in the refrigerator for 30 minutes.
- 4. Serve cold.



DESSERT



TIP

If you're making this recipe more than 30 minutes before serving, cover the strawberries before placing them in the refrigerator.





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Nutrition Facts

Serving Size 6 filled strawberries (160g) Servings Per Container 4

Amount Per Serving		
Calories 110	Calories fro	om Fat 25
	%	Daily Value*
Total Fat 3g		5%
Saturated Fat 1.5g		8%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 20mg		1%
Total Carbohyd	rate 15g	5%
Dietary Fiber	2g	8%
Sugars 11g		
Protein 5g		

Vitamin A 0%	 Vitamin C 1209
Calcium 8%	 Iron 6%

"Percent Daily Values are based on a 2,000 caloridet. Your daily values may be higher or lower depending on your calorie needs:

Calones: 2,000 2,500

	Calones:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydra	ite	300g	375g
Dietary Fiber		25g	30g

Recipe contains: milk
Carb choices per serving: 1