

Strawberry Flower

Calhoun Area Career Center



Ingredients

- 2 large strawberries
- 2 blueberries
- 3 tbsp. honey
- 4 oz. cream cheese, softened

Directions

Wash Fruit.
Slice strawberries from the pointed end most of the way up. Slice the strawberry half's at least once more being careful not to cut completely through the stem end. Gently push open the strawberry so it resembles a flower.
Mix the cream cheese with the honey. Carefully spoon half the cream cheese on each "flower". (To pipe, put the mixture into the bottom corner of a zip lock bag, cut the corner off the bag, gently squeeze out cheese)
Place a blueberry on top.

Nutritional Information

- Calories per serving
- Total Fat
 - Saturated Fat
- Cholesterol
- Sodium
- Total Carbohydrates
 - Dietary Fiber
- Protein

Servings 2

- 162
- 8g
- 5g
- 26mg
- 125mg
- 22g
- 1g
- 2g