

Berry-Licious Crème Pies

Snacks during a busy day can be exactly what you need to get you to dinner. Let's be real; sometimes lunch just doesn't happen or meetings are back to back and you need quick fuel. Having nutrient-dense, easy snacks that can just pop in your mouth make all the difference in the world. These bites are made with quality ingredients, such as oats for the base, flaxseed for extra protein and Omega 3, peanut butter for healthy fats and protein, honey and vanilla for natural sweetness.

Ingredients:

¼ cup	Heavy whipping cream
2 tsp	Sugar
½ cup	Fresh blackberries (can also use raspberries)
½ cup	Fresh blueberries
1 tbsp	Stevia
½ cup	Greek yogurt, vanilla, nonfat
16 each	Mini frozen phyllo shells (I use the Athens Pastries brand, found in the frozen section)
16 each	Blueberries
16 each	Blackberries (can also use raspberries)

Directions:

1. In a medium bowl, beat the heavy whipping cream until a soft peak forms.
2. Pour sugar onto soft peaks and continue beating until the peaks become stiff. Set to the side in the fridge.
3. In a food processor, pulse the 1 cup of berries (blueberries and blackberries) until smooth. Add Stevia and pulse until combined throughout the berries. If you do not have a food processor, you can manually mash the berries and stir in Stevia.
4. In a medium bowl (not the bowl with the whipping cream), mix the Greek yogurt with the mashed berry mixture.
5. Fold the yogurt into the heavy whipping cream.
6. Evenly fill each phyllo shell (16 shells) with the berry crème filling.
7. Top each mini pie with 1 blackberry and 1 blueberry.
8. Can serve immediately or chill for 2-4 hours.

Servings: 8 servings
Serving size: 2 crème pies

Berry-Licious Creme Pies		
Nutrition Facts		
Serving Size: 1 × 2 Creme pies		
Amount Per Serving	% Daily Value*	
Calories	83.2 kcal	4 %
Total Fat	4.1 g	6 %
Saturated Fat	1.7 g	9 %
Trans Fat	0.1 g	
Cholesterol	8.7 mg	3 %
Sodium	30 mg	1 %
Total Carbohydrate	9 g	3 %
Dietary Fiber	0.7 g	3 %
Sugars	4.1 g	
Protein	2.2 g	4 %
Vitamin A	2 % • Vitamin C	5 %
Calcium	2 % • Iron	1 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		</>