

Berrylicious Crème Pies

Mini shells filled with a Greek yogurt and berry crème, topped with fresh berries, and chilled to perfection! Each serving includes 2 mini pies for just 81 calories. At that rate, I just might eat the whole recipe 😊 I hope you enjoy these yummy delights.

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

Berrylicious Creme Pies		
Nutrition Facts		
Serving Size: 1 × 2 Creme Pies		
Amount Per Serving	% Daily Value*	
Calories	80.8 kcal	4 %
Total Fat	3.8 g	6 %
Saturated Fat	1.7 g	9 %
Trans Fat	0.1 g	
Cholesterol	8.7 mg	3 %
Sodium	32.4 mg	1 %
Total Carbohydrate	9.2 g	3 %
Dietary Fiber	1 g	4 %
Sugars	3.7 g	
Protein	2.6 g	5 %
Vitamin A	2 % • Vitamin C	7 %
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 </>