

# Diabetes and Wellness Program

## Recipe

### Strawberries Stuffed with Cheesecake



#### Ingredients:

- 1 -Pint of Strawberries
- 1 -container of sugar free whipped cream
- 1 -8 oz package of 1/3 fat cream cheese (softened)
- 1 1/2 tsp - vanilla extract
- 1 -package of sugar free cheesecake pudding
- 1 -gallon zip lock bag

#### Directions:

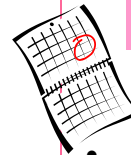
1. Fold together whipped cream and pudding until well blended.
2. Add cream cheese and vanilla extract and mix well.
3. Place into freezer bag and chill for 30 minutes in the refrigerator.
4. Wash strawberries, pat dry, turn strawberries with stem side down. Cut and "X" on the up side. Cut down to the bottom but do not cut all the way through.
5. Remove the baggie from refrigerator and cut the corner off the baggie and squeeze into your strawberries. Enjoy!

#### Nutritional Information:

-about 12 servings  
 For each serving:  
 Calories 80.4  
 Fat 2.2 g  
 Carbohydrates 11.7 g  
 Fiber 0.7 g  
 Sodium 230.3 mg  
 Protein 2.8 g



### Mark Your Calendar



#### Upcoming Events...

##### Education Opportunities

- Learning to Control your Diabetes  
 Join us for a 6 week program that teaches you the basics of Diabetes, giving you the tools you need to help manage this disease.

##### Locations:

- Little Axe Health Center
- Shawnee Health Clinic

Space is limited .....call now and enroll!!

# Happy Valentines

# Day!

#### Diabetes and Wellness Program

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