



## *Cream Cheese Balls*

*This Strawberry Cream Cheese Balls recipe is simple- only 2 ingredients- and a sugar free, bariatric friendly, weight loss dessert recipe.*

### **Ingredients:**

- 1 Packet of Simply Delish Strawberry Jel
- 1 - 8 oz Block of Cream Cheese

### **Directions:**

1. Cut 8 oz block of Cream Cheese into 16 pieces
2. Roll into balls and place in a bowl
3. Refrigerate and chill for 15-20 min
4. Add Simply Delish to a plastic bag.
5. Add one cream cheese ball at a time to bag. Shake to fully coat each ball and place into bowl.
6. Refrigerate again for 30 min to 1 hour. Serve and Enjoy!



*"Health is a state of complete harmony of the body, mind, and spirit." - B.K.S. Iyengar*