Garden of Eden

2 lb. 3 oz. Endive or 20 leaves
1 1/2 Red Delicious apple, washed
4 oz. Low-fat Philadelphia strawberry cream cheese, softened
1 c. Sprite Zero

METHOD OF PREPARATION:

1. Cut root end off endive and pat dry.
2. Lay the leaves on a tray. Using a star tip and pastry bag pipe the softened strawberry cream cheese down the center of the endive leaves.
3. After washing the apples cut them into quarters removing the core. Cut each quarter into four wedges. Soak the apple wedges in the Sprite Zero to keep from turning brown, then drain. Place one apple wedge in the center of the cream cheese with the red skin side up.

SERVES: 20 servings

NUTRITION: 25 Calories, 1 g Fat, 0 g Saturated Fat, less than 5 mg Cholesterol, 35 mg Sodium, 5 g Carbohydrate, 1 g Dietary Fiber, 0 g Protein

ALLERGENS: Milk