



APPETIZERS

Fresh Fruit Tarts

Makes 12 Servings

Ingredients

12 wonton wrappers
¼ cup sugar-free jelly or fruit spread
3 cups diced fresh fruit
¾ cup fat-free yogurt, any flavor
Nonstick spray

Nutrition Facts

Calories: 60
Total Fat: 0 g
Saturated Fat: 0 g
Cholesterol: 0 mg
Sodium: 55 mg
Total Carbohydrate: 14 g
Dietary Fiber: 1 g
Sugars: 6 g
Protein: 2 g
Vitamin A: 2%
Vitamin C: 10%
Calcium: 2%
Iron: 2%

Directions

1. Preheat oven to 375 degrees and spray muffin tins with nonstick spray.
2. Press wonton wrappers into muffin tins, allowing the corners to stand up over the edges.
3. Bake wontons until lightly browned. Watch carefully, they brown very quickly.
4. Remove from oven, let cool and carefully remove each wonton shell from muffin pan.
5. Warm jelly or fruit spread in microwave for 15 to 20 seconds.
6. Lightly coat inside of each wonton shell with melted jelly.
7. Fill each shell with ¼ cup fruit and top with 1 tablespoon of yogurt.



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