



Fruit Tart

12 wonton wrappers
2 Tbsp. sugar free jelly or fruit spread

1 ½ cup diced fruit
1 cup non-fat yogurt, any flavor

Directions

1. Preheat oven to 375F and spray muffin tins with cooking spray.
2. Press wonton skins into muffin tins allowing the corners to stand up over the edges.
3. Bake wontons until light brown approximately 4-6 minutes. Watch carefully, as wonton skins bake very quickly.
4. Remove from oven; carefully take each wonton out of muffin tin and allow time for cooling.
5. Warm jelly or fruit spread and lightly coat bottom of each wonton.
6. Fill each wonton with fruit and a rounded dollop of yogurt on top.
7. Garnish with small piece of fruit or dab of jelly/spread and serve immediately

Nutrition Facts (per wonton): *45 calories, 0 grams fat, 0 milligrams cholesterol, 55 milligrams sodium, 10 grams carbohydrate, 0 grams fiber, 2 grams protein*

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