

Fresh Fruit Tarts

Serves 12

Equipment Needed:

Cutting board and knife
Measuring cups and spoons
Bowl for fruit
Small bowl for spread
Spoon
Small saucepan
Muffin tin tray

Ingredients:

12 wonton skins
2 Tbsp. sugar-free jelly or fruit spread
1½ c. diced fresh fruit*
1 c. non-fat yogurt, any flavor
Cooking spray

*Select fruit based on what is in season. Any of the following could be used: bananas, strawberries, blueberries, grapes, kiwi, raspberries, peaches, orange sections, etc.

Directions:

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



Nutrition Facts	
12 servings per container	
Serving size	1 tart (52g)
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 0mg	0%
Potassium 78mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

