

Fresh Fruit Tarts

24

Serving Information

Serves 12

(one serving = 1 tart)

Ingredients

12 wonton skins

Tbsp. sugar-free jelly or fruit spread

1½ c. diced fresh fruit*

1 c. non-fat yogurt, any flavor

Cooking spray

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

Equipment

Measuring cups and spoons

Small saucepan

Muffin tin(s)

Directions

1. Preheat oven to 375°F 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 lightly brown. *Watch carefully, may 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 a dab of jelly/spread and serve immediately.

Nutrition Facts

Serving Size 1 Wonton Tart (49g)
Servings Per Container 12

Amount Per Serving

Calories 45 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 55mg 2%

Total Carbohydrate 10g 3%

Dietary Fiber 0g 0%

Sugars 4g

Protein 2g

Vitamin A 2% • Vitamin C 4%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Source: Diabetes Education Program WVUES 1999-2000



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