

Fruit-Topped Cream Cheese Mini Tarts

Tom Mullen - Port St Lucie, FL

Servings: 48

*1 box refrigerated pie crusts
1 container (8 ounce) fat-free or low-fat cream cheese, softened
1 cup sugar-free whipped topping, thawed
2 packets Splenda or other sugar equivalents (equal to four teaspoons sugar)
1 can fruit pie filling (apricot, blueberry, raspberry or cherry)*

Preparation Time: 25 minutes

Bake: 7 minutes

Preheat the oven to 450 degrees.

In a bowl, thoroughly blend the cream cheese, whipped topping and sugar equivalent.

Lightly spray two 24-count mini muffin pans with nonstick cooking spray.

Lightly flour a work surface and unroll one pie crust. Using a 2-inch cookie cutter, cut circles out of the pie crust. Maximize the number of circles by having adjoining edges touching. Roll out the leftover dough pieces to the same thickness. Cut out any additional circles until you have a total of twenty-four. Place each circle over a muffin cup and gently press onto the bottom and up the sides of each cup.

Repeat with the second pie crust.

Place the two muffin tins in the middle of the oven and bake for 7 minutes or until the tarts are golden brown. Remove from the oven and set aside to cool completely.

Place the baked tarts on a serving platter. With a spoon, fill each tart three quarters full with the filling.

Using whatever flavor of fruit topping is desired, place a dollop of the fruit atop each tart. Refrigerate until served.

Per Serving (excluding unknown items): 20 Calories; 1g Fat (52.9% calories from fat); trace Protein; 2g Carbohydrate; 0g Dietary Fiber; 1mg Cholesterol; 17mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	20	Vitamin B6 (mg):	0mg
% Calories from Fat:	52.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	43.7%	Thiamin B1 (mg):	0mg
% Calories from Protein:	3.4%	Riboflavin B2 (mg):	0mg
Total Fat (g):	1g	Folacin (mcg):	0mcg
Saturated Fat (g):	trace	Niacin (mg):	0mg
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	1mg	% Refused:	0 0%
Carbohydrate (g):	2g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	17mg	Vegetable:	0
Potassium (mg):	0mg	Fruit:	0
Calcium (mg):	0mg	Non-Fat Milk:	0
Iron (mg):	0mg	Fat:	0
Zinc (mg):	0mg	Other Carbohydrates:	0
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	0IU		
Vitamin A (r.e.):	0RE		

Nutrition Facts

Servings per Recipe: 48

Amount Per Serving

Calories 20 **Calories from Fat:** 11

% Daily Values*

Total Fat 1g	2%
Saturated Fat trace	2%
Cholesterol 1mg	0%
Sodium 17mg	1%
Total Carbohydrates 2g	1%
Dietary Fiber 0g	0%
Protein trace	

Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.