

Mini Apricot Tarts

Tom Mullen - Port St Lucie, FL

Yield: 30 tarts

1 carton (8 ounce) low-fat cream cheese, softened

1 container (6 ounce) low-fat vanilla yogurt

1/2 can (12 ounce) apricot cake and pastry filling (such as Solo)

2 boxes (15 count) frozen phyllo mini muffin shells (such as Athens)

In a bowl, mix the cream cheese and yogurt. Whisk until smooth.

Add 1/2 cup of the apricot filling. Whisk until smooth.

Place approximately one heaping tablespoon of the mixture in each phyllo cup.

Garnish with apricot bits, raspberries, blueberries or sugar-free whipped topping as desired.

Refrigerate until served.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	0	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	0mg
Total Fat (g):	0g	Folacin (mcg):	0mcg
Saturated Fat (g):	0g	Niacin (mg):	0mg
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	0g	Food Exchanges	
Dietary Fiber (g):	0g	Grain (Starch):	0

Protein (g): 0g
Sodium (mg): 0mg
Potassium (mg): 0mg
Calcium (mg): 0mg
Iron (mg): 0mg
Zinc (mg): 0mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 0 Calories from Fat: 0

% Daily Values*

Total Fat	0g		0%
	Saturated Fat	0g	0%
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrates	0g		0%
	Dietary Fiber	0g	0%
Protein	0g		
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Vitamin A			0%
Vitamin C			0%
Calcium			0%
Iron			0%

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