Fruit Tarts



Serving Size

Serves 6, 1 tart per serving

Ingredients

- · 6 slices whole wheat sandwich bread
- 4 ounces lowfat cream cheese, at room temperature
- 1^{1/2} Tablespoons skim milk
- 2 Tablespoons honey 1/4 teaspoon vanilla extract
- · 2 cups cut-up fresh fruit

Materials

- Cutting board
- Fork
- Sharp knife
- Medium mixing bowl
- Measuring spoons
 Small mixing bowl
- Measuring cups
- Heavy skillet
- Baking sheet
- Rolling pin (optional)

Nutritional Information

Nutrition Facts Serving Size 1 tart Servings Per Recipe 6

Amount Per Serving	3	
Calories 160	Ca	lories from Fat 35
		% Daily Value*
Total Fat 4g		5%
Saturated Fat 2g		10 %
Trans Fat 0g		
Cholesterol 10mg		3%
Sodium 200mg	9%	
Total Carbohydrate 27g		27g 10 %
Dietary Fiber 1g		4%
Sugars 13g		
Protein 6g		
Vitamin A 6%	•	Vitamin C 25%
Calcium 6%	٠	Iron 6%
*Percent Daily Value calorie diet. Your da or lower depending	aily valı	ues may be higher

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Instructions

In Advance:

- 1. Remove cream cheese from refrigerator and allow to warm to room temperature on counter top.
- Preparation:

2. Preheat oven to 350°F.

- 3. Slice crust off bread. Flatten with a rolling pin or the bottom of a heavy skillet to about 1/8-inch thick. Place on a baking sheet and bake until crisp, about 10 minutes. Let cool for 5 minutes.

4. While the bread is baking, in a small bowl, mix together cream cheese and milk with a fork until smooth. Stir in honey and vanilla. 5. Spread a generous Tablespoon of cream cheese mixture on each piece of cooled bread. Arrange about 1/3 cup of fruit on top of each tart.

Chef's Notes

• Feel free to use your favorite combination of fruit to make these tarts-you'll need 2 cups total of cut-up fruit and/or berries. Use what's in season-diced mangoes, apples, pears, melon or pineapple, berries (slice or halve larger ones) and orange or grapefruit segments all make good toppings.