

LOW FAT  
LOW CHOLESTEROL  
LOW CALORIE



## COOK'S TIPS

For a special touch, add  $\frac{1}{8}$  teaspoon **Pantry Korintje Cinnamon** to the granulated sugar; mix well. Sprinkle evenly over buttered wonton squares before baking.

For an elegant presentation, drizzle fat-free strawberry ice cream topping over dessert plates and place two wonton cups onto each drizzled plate.

Unfilled wonton cups can be prepared up to 1 week in advance. Prepare cups as directed in Step 1. Store wontons in a resealable plastic food storage bag or airtight container at room temperature. Prepare filling and fill wonton cups just before serving.

You can use a variety of flavored yogurts and fresh fruit combinations for this recipe—use your imagination!

# Berries 'N Cream Wonton Cups

*These dainty desserts will be sensational at bridal showers or dinner parties.*

PREP TIME: 15 MINUTES    BAKE TIME: 6-8 MINUTES

- 24 square wonton wrappers
  - 1 tablespoon butter or margarine, melted
  - 2 tablespoons granulated sugar
  - 1 container (8 ounces) low-fat strawberry yogurt
  - $1\frac{1}{2}$  cups thawed, frozen whipped topping, divided
  - 1 cup raspberries
  - $\frac{1}{2}$  cup blueberries
  - 2 teaspoons powdered sugar
1. Preheat oven to 350°F. Using **Pastry Brush**, brush one side of each wonton wrapper with melted butter. Sprinkle wontons evenly with sugar using **Flour/Sugar Shaker**. Press each wonton, sugared side up, into cups of **Deluxe Mini-Muffin Pan**. Bake 6-8 minutes or until edges are light golden brown. Remove wontons from pan to **Stackable Cooling Rack**; cool completely.
  2. Place yogurt in **Small Batter Bowl**; fold in 1 cup of the whipped topping. Attach closed star tip to **Easy Accent® Decorator**; fill with remaining whipped topping.
  3. Using **Small Scoop**, scoop yogurt mixture into each wonton. Top each wonton with one raspberry and two blueberries. Garnish with whipped topping; sprinkle with powdered sugar. Serve immediately.

Yield: 24 wontons

Nutrients per serving (2 wonton cups): Calories 110 (24% from fat), Total Fat 3 g, Saturated Fat 2 g, Cholesterol 5 mg, Carbohydrate 18 g, Protein 2 g, Sodium 110 mg, Fiber 1 g

Diabetic exchanges per serving (2 wonton cups): 1 starch,  $\frac{1}{2}$  fat (1 carb)

