

Makes: 30 mini tarts Servings (2 mini tarts per serving)

INGREDIENTS (Key: T = Tablespoon, t = teaspoon, oz = ounce)

2 oz light cream cheese, softened

¼ cup sugar

½ cup canned solid-pack pumpkin

¾ cup plus 1/3 cup thawed frozen fat-free whipped topping, divided

1 t vanilla extract

¾ t pumpkin pie spice

30 mini phyllo shells, thawed

30 pecan halves (about 3 oz)

DIRECTIONS

1. Place cream cheese in medium microwavable bowl. Cover and microwave on HIGH 15 seconds or until softened.
2. Beat cream cheese, sugar, pumpkin, ¾ cup whipped topping, vanilla, and pumpkin pie spice in large bowl with electric mixer at medium-high speed until well blended.
3. Spoon 1 ½ teaspoons pumpkin mixture into each phyllo shell. Top with ½ teaspoon whipped topping and 1 pecan half. Cover and refrigerate at least 1 hour before serving.

NUTRITION INFORMATION (for each serving)

Calories: 60

Fat: 3 grams

Saturated fat: 0 grams

Cholesterol: 0 milligrams

Total Carbohydrates: 8 grams

Fiber: 1 gram

Sodium: 55 milligrams

Protein: 1 gram

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