

RECIPE

Mini Chocolate Tarts

Start to Finish: 10 minutes Servings: 24

Ingredients:

- 1.4 ounces sugar-free, fat-free chocolate pudding mix
- 1 cup skim milk
- 4 ounces light whipped topping, thawed
- 24 puff pastry cups
- 48 mini chocolate chips

Directions:

1. Preheat the oven to 400 F. Bake the puff pastry cups according to package directions.
2. In a large bowl, whisk together the pudding mix and skim milk. Put in the refrigerator for 5 minutes.
3. Fold the whipped topping into the pudding mixture.
4. Spoon or pipe 1 teaspoon chocolate pudding mixture into each puff pastry cup.
5. Top each tart with 2 mini chocolate chips.



Nutrition Information Per Serving:

60 Calories; 3 g Total Fat; 1.6 g Saturated Fat; 0 mg Cholesterol; 85 mg Sodium; 7 g Carbohydrates; 1 g Protein; 1 g Fiber