

RECIPE

Mini Pumpkin Tarts

Start to Finish: 40 minutes Servings: 30

Ingredients:

30 mini Nilla wafer cookies
8 ounces light cream cheese,
softened
1/4 cup light sour cream
1/4 cup Splenda Sugar Blend
1 egg
1/2 teaspoon vanilla
3/4 cup canned pure pumpkin
1/2 teaspoon cinnamon
Pinch nutmeg

Directions:

1. Preheat oven to 350 F.
2. Line mini muffin pan with paper baking cups and place one Nilla wafer in the bottom of each cup.
3. In medium bowl, add remaining ingredients and mix with an electric mixture until smooth.
4. Fill each muffin cup with pumpkin-cream cheese mixture.
5. Place muffin pan in oven and bake for 30 minutes or until done. Serve cool.

MAKE IT GLUTEN-FREE: Use gluten-free animal crackers (break them to fit into muffin tin) in place of Nilla wafers. Confirm all other ingredients are gluten-free.



Nutrition Information Per Serving:

40 Calories; 2.5 g Total Fat; 1.2 g Saturated Fat; 15 mg Cholesterol; 40 mg Sodium; 4 g Carbohydrates; 1 g Protein; 0 g Fiber