



Professional Health & Fitness Solutions

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Dessert Cups

Berries 'N' Cream Cups

- 1 Package Don Ponchos Low Carb Low Fat Wraps
- 1 Tablespoon Canola Oil
- Pampered Chef Korintje Cinnamon
- 1 4 oz. Container of Oikos Blueberry Yogurt
- 1 Can of Low-Fat Reddi Whip
- 1 cup raspberries
- 1 cup blueberries

Variation: Apple Pie Cups

- Replace Oikos Blueberry Yogurt with Oikos Vanilla Yogurt
- Replace Raspberries and Blueberries with chopped Apples tossed with Korintje Cinnamon

Pre heat oven to 350°F. Cut Don Ponchos Low Carb Low Fat Wraps into 3 inch diameter circles. Using Pastry Brush, brush one side of each circle with Canola Oil. Sprinkle with Pampered Chef Korintje Cinnamon. Press each wonton, cinnamon side up into the cups of the Deluxe Mini-Muffin Pan. Bake 6-8 minutes or until edges are light to golden brown. Remove and place on cooling rack. Cool Completely.

Spoon 1-2 teaspoons of yogurt into each cup. Top with one Raspberry and two Blueberries. Garnish with a squirt of Low-Fat Reddi Whip. Serve immediately.

NOTE: Cups can be prepared up to a week in advance and stored in an air-tight container. Each Don Poncho Tortilla makes approximately 5 cups.

FLT Servings: 3 Wonton Cups = approximately 100 cal - 1/2 Grain & 1/2 Dairy