

## Raspberry Tarts

A diabetic-friendly recipe

### Ingredients:

- 1 1/4 cups frozen raspberries
- 2 tablespoons sugar-free strawberry fruit spread
- 1/4 teaspoon vanilla
- 10 phyllo shells, thawed
- 4 tablespoons plain Greek yogurt



### Directions

1. Place raspberries and fruit spread in a medium microwave-safe bowl. Microwave 4 minutes, stirring every 30 seconds. Allow to cool 5 minutes.
2. Stir in vanilla.
3. Divide mixture evenly between the phyllo shells. Top each with about 1 teaspoon yogurt.

*Makes 10 servings*

*To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.*