

Raspberry Cheese Tarts

1 1/4 cups graham cracker crumbs
1/4 cup Splenda
5 tbsp. Light margarine
4 oz. reduced fat cream cheese, softened
1/2 cup plain no-fat yogurt
1 cup Splenda
1/2 cup egg substitute
1 cup frozen raspberries (no added sugar)

Preheat oven to 350 degrees. Blend crust ingredients together in a small mixing bowl stir until well blended. Line muffin cups with paper liners. Press 1 tbsp of crust into each lined cup. Set aside. Place cream cheese in a small bowl. Beat with an electric mixer until soft. Add yogurt and beat until smooth (approx 1 min) Add Splenda and egg substitute. Mix until well blended. Place 4-5 frozen berries on top of the crust lined muffin cups. Pour cheese filling on top evenly dividing among the 10 cups. Bake in 350 degrees oven for 15-20 min or until firm to the touch. Chill for approx. 2 hours before serving. Makes 10 servings.

Nutritional information per serving: 110 calories; 3 grams protein; 5 grams of fat; 12 grams carbohydrate; 160 mg sodium