

Tortilla Dessert Cups

½ cup Splenda®
1 ½ Tbsp. cinnamon
10 flour tortillas, 6 inch in diameter
8 oz cream cheese, fat free
1 cup milk, skim
3-1 oz package no added sugar white chocolate, chocolate or vanilla instant pudding mix
8 oz Cool Whip Free®
1 cup raspberries, fresh or frozen without added sugar

In a small bowl, combine cinnamon and Splenda. Spray one side of the tortilla with butter flavored cooking spray and then sprinkle with cinnamon mixture. Repeat on the other side. Cut each tortilla into 4-quarter wedges. Take each wedge, cutting it as needed to form into mini muffin pan. Bake at 350 degrees for 10 minutes or until crisp and lightly brown. Cool completely.

Mix milk and pudding mix with hand-mixer for 2 minutes until thickened. Add cream cheese and beat on low speed until well blended. Fold in Cool Whip Free. Cover and refrigerate for 5 minutes. Spoon about a tablespoon of filling into each cup. Top each dessert with a few raspberries. Refrigerate until ready to serve. Makes 40 servings.

Nutrition information per serving: 24 calories; 1 gram protein; 0 grams fat; 4 grams carbohydrate; 68 mg sodium; 29 mg calcium.