

Key Lime Tartlets

Diabetes Friendly

Items Needed: hand mixer, mixing bowl, fine grater, spatula, Ziploc bag or piping bag

Serves: 1 (three mini tarts.)

Ingredients:

- 3 Mini Phyllo cup
- ¼ cup cream cheese (softened.)
- Splash of vanilla
- ¼ cup sugar free cool whip
- ½ lime

Directions:

1. This makes 1 serving of three mini phyllo tarts and can be scaled to fill however many tart shells you wish.
2. In your mixing bowl, zest ½ lime with a microplane or a fine grater. Squeeze the juice from the ½ lime into the bowl.
3. Add cream cheese and whip with hand or stand mixer until light and creamy.
4. With a spatula, fold in whipped topping gently until evenly combined.
5. Spoon mixture into Ziploc bag or piping bag and pipe into phyllo shells.
6. Finish with a little zest on top and enjoy.

Nutrition Information (per 3 tarts):

Calories: 241 Fat: 18.5 g Carbs: 15 g Protein: 4 g Fiber: 0.5 g Sodium: 174.4 mg

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