

Lemon Mini Tarts

Serving size: 2 tarts; makes 12 servings

Prep time: 10 minutes

Cook time: 15 minutes

Total time: 25 minutes

Ingredients



- 1/2 cup powdered sugar
- 2 egg yolks
- 3 tbsp. butter, melted
- 2 tbsp. freshly squeezed lemon juice
- 1 tbsp. lemon peel
- 1 tbsp. granulated sugar
- 24 mini frozen phyllo shells*
- Mint leaves (optional)
- Raspberries (optional)

*Note: Frozen phyllo shells can be found in the freezer section by the other frozen hors d'oeuvres.

Preparation

1. Heat oven to 350°F. Whisk powdered sugar, egg yolks, butter, lemon juice, lemon peel, and granulated sugar in small bowl until well blended.
2. Spoon 1 teaspoon filling into each frozen phyllo shell. Bake about 13-15 minutes or until centers are set.
3. Garnish each tart with 1 mint leaf and 1 raspberry, if desired.

Nutritional Information

Per serving

Calories: 162

Total Fat: 8 g

Saturated Fat: 3 g

Cholesterol: 66 mg

Total Carbohydrate: 20 g

Dietary Fiber: 0 g

Protein: 2 g

Sodium: 62 mg

Adjusted from: <https://www.diabetesselfmanagement.com>