Fresh Apple Tartlets

Serves 16

3 large granny smith apples, peeled, thinly sliced
2 tbsp lemon juice
2 tbsp cinnamon
2 tsp freshly grated nutmeg
½ tsp ground cloves
1/3 cup Splenda™ (more or less to taste), plus 1 tbsp
½ cup low fat cream cheese
1 egg
1 tsp vanilla
1 package phyllo dough
Extra virgin olive oil
Powdered sugar

1. Place sliced apples in a large bowl and toss with lemon juice, cinnamon, nutmeg, cloves, and 1/3 cup of Splenda™. Set aside until ready to use.
2. In a small bowl, mix the low fat cream cheese, egg, vanilla, and 1 tbsp Splenda™. Mix together and set aside until ready to use.
3. Remove four sheets of phyllo dough and quarter sheets. Light spray each sheet with extra virgin oil or lightly brush them. Place each sheet of phyllo dough just offset from the other.
4. When you've place the last phyllo sheet, spoon a good tablespoon of the cream cheese mixture in the center of the last phyllo sheet.
5. Place a large spoonful of apples on top of the cream cheese mixture and fold the phyllo dough up around the edges. Continue to do this process until you have about 6 apple tartlets.
6. Bake in a preheated 400-degree oven until golden brown.
7. Remove, dust with powdered sugar and serve.

Nutritional Analysis – One Tart	Diabetic Exchanges
 Nutrition Facts Serving Size 1/16 of recipe 58g (58g) Servings Per Container 16 **Amount Per Serving** **Calories** 96 Calories from Fat 41 **% Daily Value*** **Total Fat** 5g 7% Saturated Fat 1g 7% Trans Fat 0g **Cholesterol** 17mg 6% **Sodium** 50mg 2% **Total Carbohydrate** 13g 4% Dietary Fiber 1g 4% Sugars 8g **Protein** 2g Vitamin A 2% • Vitamin C 3% Calcium 2% • Iron 4% *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. NutritionData.com	Carbohydrates 1 Fat 1 Protein 1