

# Mini Pumpkin Tarts

## Ingredients:

30 mini-Nilla wafer cookies  
8 ounces light cream cheese, softened  
1/4 cup sour cream  
1/4 cup stevia  
1 egg

1/2 teaspoon vanilla  
3/4 cup canned pure pumpkin  
1/2 teaspoon cinnamon  
Pinch of nutmeg

## Directions:

1. Preheat oven to 350°F.
2. Line mini-muffin pan with paper baking cups and place one Nilla wafer in the bottom of each muffin cup.
3. In a medium bowl, add the remaining ingredients and mix with an electric mixer until smooth.
4. Fill each muffin cup with pumpkin cream cheese mixture.
5. Place the muffin pan in oven and bake for 30 minutes or until done. Serve cool.

<b>Nutrition Facts</b>	
Serving Size 1 tart (23g)	
Servings Per Container 30	
Amount Per Serving	
<b>Calories 50</b>	Calories from Fat 20
% Daily Value*	
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 70mg</b>	<b>3%</b>
<b>Total Carbohydrate 6g</b>	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 4g	
<b>Protein 1g</b>	
Vitamin A 15%	• Vitamin C 0%
Calcium 2%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000      2,500
Total Fat	Less than 65g      80g
Saturated Fat	Less than 20g      25g
Cholesterol	Less than 300mg      300mg
Sodium	Less than 2,400mg      2,400mg
Total Carbohydrate	300g      375g
Dietary Fiber	25g      30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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Source: American Diabetes Association

