

Vanilla Fruit Tarts

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Servings: 24

*1 package (17.3 ounce) puff pastry sheets, thawed
1 egg, beaten
1 package (3.2 ounce) vanilla instant pudding
1 3/4 cups milk
1/2 cup cut-up fresh fruit OR
drained canned fruit
confectioner's sugar*

Preparation Time: 20 minutes

Preheat the oven to 375 degrees.

Lightly grease twenty-four 2-1/2-inch muffin-pan cups.

Unfold one pastry sheet on a lightly floured surface. Roll the pastry sheet into a 9x12-inch rectangle. Cut into twelve 3-inch squares. Repeat with the remaining pastry sheet (making 24 total squares). Press the pastry squares into the muffin-pan cups. Brush with the egg.

Bake for 10 minutes or until the pastries are golden brown. Remove the pastry cups from the pan. Let cool completely on wire racks.

In a medium bowl, mix the pudding mix and milk according to package directions. Cool and refrigerate for 15 minutes.

Spoon about one tablespoon of the pudding mixture into each pastry cup. Top with the fruit. Sprinkle with the confectioner's sugar.

To make twelve larger pastries:

Substitute two packages (10 ounces each) of puff pastry sheets for the pastry sheets. Prepare the shells according to the package directions. Spoon about two tablespoons of the pudding mixture into each pastry shell. Top with the fruit. Sprinkle with the confectioner's sugar.

Per Serving (excluding unknown items): 70 Calories; 5g Fat (60.0% calories from fat); 2g Protein; 5g Carbohydrate; trace Dietary Fiber; 11mg Cholesterol; 37mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat.