



## PUMPKIN MINI TARTS

### INGREDIENTS

- 3 packages (15 tarts each) prebaked, frozen mini phyllo shells
- 1 C (8 oz.) Vanilla 0% Chobani Greek Yogurt
- 1 (15 oz.) can pumpkin
- 1 tsp pumpkin pie spice
- 1 (3.4 oz.) package cheese-cake-flavored instant pudding
- Whipped topping (optional)
- Mint leaves for garnish



### PREPARATION

Makes 45 tarts

1. Defrost unwrapped shells at room temperature for 15 minutes.
2. Whisk pumpkin, Chobani Greek Yogurt, and pumpkin pie spice in a medium bowl until smooth. Add the pudding mix and continue to whisk until smooth and thick.
3. Spoon about 1 tablespoon of the filling into each of the shells. Top the tarts with whipped topping and garnish with mint leaf.

Recipe Rating ★★★★★

### TAGS

Snacks / Sides / Vanilla Chobani 0% / Kid Friendly

### NUTRITION INFORMATION

Calories 30, Calories from Fat 5, Total Fat 0.5g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 50mg, Total Carbohydrate 6g, Dietary Fiber 0g, Sugars 2g, Protein 1g