

Cooking with Beth

Wonton Berry Basket

Yields 12 baskets

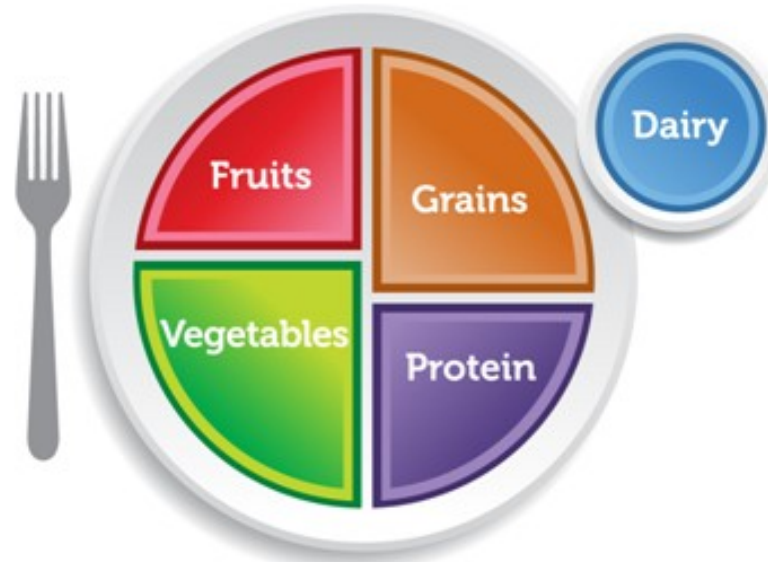
Ingredients:

- ◆ 12 Wonton wrappers
- ◆ 1 Tablespoon sugar
- ◆ 1/4 teaspoon ground cinnamon
- ◆ 6-12 oz plain fat-free yogurt
- ◆ 1 Tablespoon orange juice
- ◆ 1/2 teaspoon orange zest
- ◆ 1 Tablespoon brown sugar
- ◆ 1/2 teaspoon vanilla extract
- ◆ 1/2 C Strawberries
- ◆ 1/2 C Blueberries
- ◆ 1 Tablespoon sliced almonds

Directions

1. Preheat the oven to 400F. Lightly spray two 12-cup mini-muffin pans with cooking spray.
2. Place the wonton wrappers in a single layer on a flat surface, such a piece of aluminum foil. Lightly spray both sides of the wrappers with cooking spray. Place a wrapper in each muffin cup. Press down gently in the middle of each wrapper so it molds to the shape of the cup and the tips point out attractively.
3. In a small bowl, stir together the sugar and cinnamon. Sprinkle over the wonton wrappers.
4. Bake for 6-7 minutes or until golden brown. Let cool for at least 15 minutes before removing the baskets from the pans.
5. Meanwhile, in a medium bowl, stir together the yogurt, orange juice, brown sugar and vanilla. Spoon about 2 tablespoon of the mixture into each cooled basket. Arrange barriers and almond slices on top of each to your liking.

Fruits



Choose **MyPlate**.gov

Wonton Berry Basket Nutrition (approximate)

Serving Size = 2 baskets

Calories- 105	Carbohydrates- 21g
Total Fat- 1.0g	Fiber- 1g
Saturated- 0g	Sugars- 10g
Trans Fat- 0g	Protein- 4g

Know the Facts

- ◆ Fruits come in many sizes, shapes and colors. They can be fresh, frozen, canned or dry.
- ◆ Your body needs about 1 1/2 Cups each day to grow strong and healthy. If you eat a fruit at lunch, you are getting at least 1/2 Cup!!
- ◆ Fruits are full of vitamins, minerals & fiber. These are called micronutrients. They help fight off diseases and keep you healthy.

Tips for increasing your fruit intake at home...

- ◆ Buy fresh fruits in season when they may be less expensive and at their peak flavor
- ◆ Keep a bowl of whole fruit on the table, counter or in the refrigerator
- ◆ Buy extra of fruits on sale, freeze and use for a desert topping or smoothie
- ◆ Keep canned and dried fruit on hand for quick and easy to-go snacks