

FRUIT TARTS

INGREDIENTS

- 4 ounces low fat cream cheese
- 3 cups fresh or thawed frozen fruit (ex: bananas, blueberries, strawberries)
- 6 slices whole wheat bread
- 1 1/2 tablespoons non-fat milk
- 2 tablespoons honey
- 1/4 teaspoon vanilla extract



DIRECTIONS

1. Remove cream cheese from refrigerator. Wait for it to come to room temp (about 2 hours).
2. Preheat oven to 350 degrees F
3. Prep fruit: rinse and peel any fresh fruit. Drain juice from thawed frozen fruits. Cut fruit into 1/4 inch slices (should make about 2 cups in total).
4. Slice crusts from bread. Use a heavy skillet to flatten bread to about 1/4 inch thick. Place on baking sheet and cook in oven until crisp, about 10 minutes. Let cool 5 minutes.
5. While bread crisps, mix cream cheese and milk until smooth. Stir in honey and vanilla.
6. Spread a tablespoon of cream cheese mix on top of bread and top with a 1/3 cup of fruit
7. Enjoy!



TIPS

- Harvest or grow your own traditional fruits like wild plums or strawberries
- Recipe serves 6. Share with your friends and family!
- Choose different color fruits that are high in different vitamins
- Save extra cream cheese mix for up to three days as a fruit dip snack

This recipe card has been developed as part of the Cheyenne River
Cooking for Health (Wičhózaŋni Étkiya Lol'íwaḥ'an) Project. For
more diabetes-friendly recipes, visit
www.mbiri.com/projects/cookingforhealth.



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Missouri Breaks Research, and the Cheyenne River Sioux Tribe and
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Nutrition Facts

Serving Size 1 tart
Servings Per Recipe 6

Amount Per Serving

Calories 160 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 200mg **9%**

Total Carbohydrate 27g **10%**

Dietary Fiber 1g **4%**

Sugars 13g

Protein 6g

Vitamin A 6% • Vitamin C 25%

Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000
calorie diet. Your daily values may be higher
or lower depending on your calorie needs.

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