

Cocoa Berry Yogurt Tarts

From the National Dairy Council

<https://dairygood.org/content/recipes/cocoa-berry-yogurt-tarts?ref=www.nationaldairycouncil.org>

Ingredients

- 1 1/2 cups low-fat vanilla yogurt
- 1 1/2 cups reduced-fat ricotta cheese
- 2 tablespoon sugar
- 2 tablespoon unsweetened cocoa powder
- 6 graham cracker tart shells
- 3/4 cup strawberries, sliced (raspberries or blueberries can also be used)

Instructions

1. Mix yogurt, Ricotta, sugar and cocoa powder thoroughly with whisk until creamy.
2. Spoon 1/6 mixture into each tart shell and top with sliced strawberries.

Makes 6 servings

Serving size: 1 tart

Nutrition information per serving

Calories: 260	Dietary Fiber: 3 g
Total Fat: 9 g	Sodium: 250 mg
Saturated Fat: 3 g	Protein: 9 g
Cholesterol: 0 mg	Carbohydrates: 13 g