

## Lemon Coconut Tartlets

A diabetic-friendly recipe

### Ingredients:

- Cooking spray
- 1 1/2 cups sweetened flaked coconut
- 1/4 cup granulated Splenda
- 3/4 cup flour
- 2 teaspoons vanilla extract
- 2 egg whites
- 1 (3.4-ounce) package instant lemon pudding mix
- 2 cups nonfat milk
- 1 (8-ounce) container fat-free frozen whipped topping, thawed
- 1 tablespoon unsweetened flaked toasted coconut



### Directions

1. Preheat oven to 350°F. Spray a miniature muffin pan with cooking spray.
2. Combine sweetened coconut, Splenda, flour, vanilla, and egg whites in a large bowl. Equally divide mixture into each muffin cup, pressing dough into the bottom and up the sides of each cup.
3. Bake 7–9 minutes or until edges are just brown. Allow to cool 2 minutes on a cooling rack. Remove shell from pan and transfer to the cooling rack to allow to cool completely.
4. Combine pudding mix and milk in a large bowl.
5. Fill each shell with lemon pudding. Top each with whipped topping and toasted coconut.

*Makes 24 servings*

***To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.***