

# Chocolate Berry Cups

Prep time: 10 minutes | Cook time: 15 minutes | Serves: 4

## Details:

Fruit and chocolate lovers will appreciate this tasty treat. The cups can be made ahead and stored in an airtight container for up to 3 days, making this an easy holiday or party dessert.



## Ingredients:

- 1 cup mixed berries (blueberries, raspberries, and/or sliced strawberries)
- 1 tablespoon granular sugar substitute
- 2 (13- by 18-inch) sheets frozen whole-wheat phyllo dough, thawed
- 1 1/2 tablespoons trans-fat-free margarine, melted
- 1 ounce bittersweet chocolate, chopped
- 1/4 cup part-skim ricotta or Ricotta Creme

## Nutritional Information:

160 calories  
10 g fat (5 g sat)  
16 g carbohydrate  
2 g protein  
3 g dietary fiber  
80 mg sodium

## Directions:

1. Heat oven to 350° F. Combine berries with sugar substitute. Spread 1 phyllo sheet out on a clean work surface. Lightly brush with margarine. Lay second sheet on top of first; brush with margarine. Fold sheets in half widthwise. Brush top side with more margarine.
2. Cut dough in half lengthwise, then again widthwise to create 4 equal pieces. Carefully fit each piece into a nonstick muffin pan to create a cup. Bake the cups until golden brown, about 15 minutes. Set aside to cool.
3. When you are ready to assemble cups, place chocolate in a resealable plastic bag. Heat, unsealed, in the microwave at 30-second intervals until melted, about 2 minutes. Fill each phyllo cup with 1 tablespoon ricotta and 1/4 cup berries. Cut a tiny corner off one bottom corner of the plastic bag with scissors; press chocolate toward the corner and drizzle over berries.