

CINNAMON CRISPS WITH BLACKBERRIES & YOGURT

INGREDIENTS

8 wonton wrappers, cut in half diagonally

Cooking spray

1 tablespoon sugar

1/4 teaspoon ground cinnamon

1 1/2 cups plain fat-free Greek yogurt

1 cup blackberries

4 teaspoons honey



DIRECTIONS

1. Preheat oven to 400°.
2. Arrange wonton wrappers in a single layer on a baking sheet coated with cooking spray; lightly coat wrappers with cooking spray. Combine sugar and cinnamon in a small bowl. Sprinkle sugar mixture evenly over wrappers; bake at 400° for 3 minutes or until crisp and slightly browned. Set the wrappers aside to cool slightly.
3. Layer 6 tablespoons yogurt, 1/4 cup berries, and 1 teaspoon honey into each of 4 bowls. Serve each with 4 wonton crisps.