



WESTERN WISCONSIN HEALTH

ALMOND FRUIT SQUARES

- 2-8 oz. tubes refrigerated reduced-fat crescent rolls
- 3 T. granulated Splenda, divided
- 1-8 oz. pkg. reduced-fat or fat-free cream cheese, softened
- 1/3 C. almond paste (not pie filling)
- 1/2 tsp. almond extract
- 2 C. halved fresh strawberries, stems removed
- 1-11 oz. can mandarin oranges in juice, drained
- 1 C. fresh raspberries or blackberries
- 1 C. halved green or red seedless grapes
- 2 kiwi fruit, peeled, quartered and sliced
- 1 C. blueberries
- 1/2 C. sugar-free apricot preserves
- 1/2 C. slivered almonds, toasted

Nutrition Facts

Serving Size (55g)		Servings Per Container	
Amount Per Serving			
Calories 50	Calories from Fat 20		
% Daily Value*			
Total Fat 2g	3%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 65mg	3%		
Total Carbohydrate 9g	3%		
Dietary Fiber 2g	8%		
Sugars 5g			
Protein 2g			
Vitamin A 2%	Vitamin C 25%		
Calcium 4%	Iron 2%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Unroll crescent dough and press onto bottom of an ungreased 15x10x1" baking pan. Seal any seams and perforations. Sprinkle with 1 tablespoon Splenda. Bake at 375° for 14 to 16 minutes or until golden brown. Cool. In a mixing bowl, beat cream cheese, almond paste, extract, and remaining Splenda until well blended. Spread over crust. Top with fruit*. Place preserves in a small bowl and microwave for 10 to 15 seconds. Using a pastry brush, brush a small amount of preserves over fruit squares. Sprinkle with toasted almonds. Cover and keep refrigerated until ready to serve.

*Alternatively: Prior to placing fruit on, cut into squares (8x4" for 32 servings) after you spread the cream cheese mixture on, then place one of each fruit on every square. Proceed with preserves and almonds.

NUTRITION FACTS: Serving size: 3x3 inch square per serving, 32 servings,