

# Lemon Fruit Cups

Incorporating fruit into your desserts helps give them nutritional value. These lower-carb fruit cups are a great choice for those watching out for their diabetes and their heart health.

**Prep Time:** 10 minutes

**Serving Size:** 1 bowl

Calories 90  
Carbohydrate 15 g  
Protein 1 g  
Fat 2.5 g  
Saturated Fat 0.2 g  
Dietary Fiber 2 g  
Cholesterol 0 mg  
Sodium 15 mg  
This Recipe Serves 2

## Ingredients

½ cup fat-free frozen whipped topping, thawed in refrigerator  
¼ teaspoon grated lemon zest  
2 teaspoons fresh lemon juice  
1 tablespoon sliced almonds, dry roasted, crushed  
1 medium kiwifruit, peeled and cut into 4 slices  
4 medium strawberries, quartered  
½ teaspoon confectioner's sugar

## Instructions

In a small bowl, gently stir together the whipped topping, lemon zest, and lemon juice. Spoon into two small custard cups or ramekins. Sprinkle the almonds over the whipped topping. Arrange the kiwifruit and strawberries on top. Using a fine sieve, sift the confectioner's sugar over all. Serve immediately, or refrigerate until serving time. If refrigerated, the sugar will dissolve and give the fruit a glazed appearance.

*From Diabetes & Heart-Healthy Meals for Two by American Diabetes Association & American Heart Association*