



Crispy Napoleon with Fresh Fruit

2 sheets	Phyllo Dough
1 Tbsp	Unsalted Butter, Melted
¼ cup	Confectioners' Sugar
1 pint	Berries (Raspberry, Blueberry)
¼ cup	Nonfat Vanilla Yogurt

Cover a baking sheet with parchment. Place 1 piece of phyllo dough on the baking sheet; keep the remaining sheet of phyllo covered with a damp paper towel.

Using a pastry brush, lightly coat the phyllo with half of the butter, making sure to cover the dough completely, especially the edges.

Place the confectioners' sugar in a sifter and sift about half of it over the phyllo. Place the second sheet of phyllo on top of the first. Butter this sheet with the remaining butter and dust it with the confectioners' sugar.

Using the tip of a very sharp knife, cut the phyllo lengthwise into 3 equal strips. Then cut crosswise into 4 equal strips, so you have 12 squares of equal size.

Cover the phyllo with a sheet of parchment paper. Weight the paper down with an upside down wire rack or two.

Preheat the oven to 350 degrees Fahrenheit. Bake for 15 minutes, or until golden brown. Remove the wire racks and paper. Set aside to cool.



When ready to serve, place a phyllo square in the center of each of the 4 dessert plates. Place some of the fruit on each square and spread some of the yogurt over the fruit. Repeat to use 4 more squares, most of the fruit, and all of the yogurt. Top with the remaining squares. Garnish the plates with the remaining fruit. If desired, dust with confectioners' sugar

Yield: 4 servings

Nutrient Analysis: 111 calories, 4 grams fat, 2 grams Saturated fat, 18.5 grams Carbohydrate, 3 grams fiber, 8 mg Cholesterol, 49 mg Sodium, 36 mg Calcium, 0.57 mg Iron, 46 mg Phosphorus, 124 mg Potassium