

# COOKING FOR WELLNESS

## **Baked Wonton Cups**

Serves 4

### **Ingredients**

12 wonton wrappers  
vegetable or light olive oil

### **Instructions**

1. Preheat oven to 375 degrees F.
2. Brush oil on both sides of each wonton wrapper or use an oil mister to mist each side of the wonton wrapper.
3. Carefully tuck the wrapper evenly into a well of a standard sized cupcake pan.
4. Bake 8 minutes or until cups are crispy and golden brown. Make sure to check that the bottom of each wonton cup is crispy. Allow to cool 5 minutes before removing from pan.
5. Cool and stuff each wonton cup with the fillings of your choice!



### **Nutrition Information**

Refer to the package label.



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