

Apple Tart

Serves: 6

Prep: 30 mins

Cooking: 30 mins

Ingredients

- 125g wholemeal flour
- 125g plain flour
- 1 tsp fine sea salt
- 60g olive oil
- 120g cold water
- 6 apples
- 1 lemon
- Cinnamon stick
- 2 cloves
- Sugar/honey to taste

MJ Nutrition

Exchanges per serve




 1.0 2.0 2.0

Nutrients per serve

1271kJ (304cals), 5.3g Protein
 9.9g Fat, 1.4g Saturated Fat,
 46g Carbs, 17.3g Sugars, 6g Fibre,
 3mg Sodium

Method

Pastry

- Mix dry ingredients and mix in oil and cold water to form dough – rest in fridge for 30mins.
- Roll out and cut into rectangles, dock with fork – rest 10mins in fridge.
- Bake at 185 degrees until cooked.

Apple Puree

- Peel, core & dice 4 apples. Stew in a pot with a little water under a lid until soft.
- Peel, halve 2 apples slice thinly – place in a little lemon water.

Assemble Tart

- Place warm puree apple on pastry, pile a small amount of wafer thin apple on top & flash through a hot oven.
- Serve



Source: Alan Brown at 'Nutrient Rich Fitness'

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