MIXED BERRY TARTS



Faits Nutritionnels

Portion	1
Quantité Par Portion	
Calories 200	
	% Valeur Quotidienne
Lipides Totale 8g	**12%**
Lipides Saturée g	**0%**
Cholestérol 20mg	**7%**
Sodium 105mg	**4%**
Glucides Totaux 29g	**10%**
Fibre Alimentaire 3g	**12%**
Protéine 3g	**6%**
Vitamine A %	Vitamine C %
Calcium 2%	Fer %

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Temps Total
50 MIN.

Portion
1

Difficulté
EASY

Rendements
12

Celebrate the best of summer produce with these tarts. Crisp Puff Pastry is the perfect foil for the filling that just oozes with fresh berry flavour.

Tip

Tip: Substitute frozen berries if fresh berries are unavailable. If using frozen berries, thaw completely, discarding excess liquid, before mixing with sugar, cornstarch and cinnamon.

INGRÉDIENTS	POIDS	MESURE
blueberries	1 1/2 cups	375 mL
quartered strawberries	1 1/2 cups	375 mL
raspberries	1 1/2 cups	375 mL
granulated sugar	1/2 cup	125 mL
cornstarch	1/4 cup	60 mL
ground cinnamon	1/2 tsp	2 mL
Egg		
Water	1 tbsp	15 mL
Pepperidge Farm® Puff Pastry, thawed but still cold	2 sheets	2 sheets
icing sugar	1 tbsp	15 mL

INSTRUCTIONS

1. Preheat oven to 375°F (190°C). Line two baking sheets with parchment paper; set aside.

2. Toss blueberries, strawberries and raspberries with sugar, cornstarch and cinnamon in a large bowl; let sit for 10 minutes.

3. Meanwhile, whisk together egg and water. Set aside. Cut out six 4 1/2-inch (11 cm) circles from each sheet of pastry. Transfer rounds to prepared baking sheets. Brush each round with egg wash. Using a paring knife, score a line about 1/4-inch (5 mm) inside the edge of each round.

4. Place 1/4 cup (60 mL) berry mixture on top of each round, keeping the filling inside the score marks. Bake for 20 to 25 minutes or until pastry is golden brown. Let cool.

5. Dust with icing sugar.

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