



Nutrition Facts

Serving Size	1
Amount Per Serving	
Calories 200	
% Daily Value	
Total Fat 8g	12%
Saturated Fat g	0%
Cholesterol 20mg	7%
Sodium 105mg	4%
Total Carbohydrate 29g	10%
Dietary Fiber 3g	12%
Protein 3g	6%
Vitamin A %	Vitamin C %
Calcium 2%	Iron %



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.

Total Time
50 MIN.

Serving Size
1

Difficulty
EASY

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.

Yields
12

INGREDIENTS

	WEIGHT	MEASURE
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.