



Mini Fruit Tartlets

45 Servings • 1 Serving = 1 Tartlet

INGREDIENTS

- ¼ pound plus 1 Tablespoon butter, cut into cubes
- 2 ½ Tablespoons superfine sugar
- 2 cups all-purpose flour or whole wheat pastry flour
- ¼ cup cold water
- Pinch salt
- 2 teaspoons olive oil
- 1 cup nonfat plain Greek yogurt
- ½ cup sour cream
- Drizzle of agave nectar
- Fruit of your choice such as berries, kiwi, or banana

DIRECTIONS

1. Put butter, sugar, and flour in a bowl with a small pinch of salt. Crumble with your fingers until it resembles coarse sand. Add the water and oil and work mixture into loose dough. Knead quickly but gently until smooth. Then flatten, cover with plastic wrap, and refrigerate for about an hour.
2. Preheat oven to 350°F and have ready 45 tiny tart molds or mini-muffin pans.
3. Break off small balls of pastry about the size of cherry tomatoes and flatten into the molds with your thumb and forefinger; pressing into 1/8" thick.
4. Bake for about 20 minutes, or until golden brown. Cool a bit in the molds before gently removing. Leave to cool completely before filling.
5. Mix yogurt and sour cream together. Once crust is cooled, fill with yogurt (about 1 teaspoon) and top with fruit.

Nutrition Facts

45 servings per container	
Serving size	1 Tartlet
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 18mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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