



Summer Recipe III

Easy Berry Tartlets

Makes 8 servings

For pretty desserts all summer long, you'll want to purchase a 3-inch round scalloped cutter and a tartlet pan, or just one standard-size tart pan.

Pastry:

1/2 cup whole wheat pastry flour
1/2 cup unbleached white pastry flour
1/4 teaspoon sea salt
3 tablespoons light vegetable oil (walnut, canola, etc.)
1 tablespoon brown rice syrup or pure maple syrup
About 2 tablespoons water

Filling:

1/2 cup raspberry (or strawberry, blueberry, blackberry) jam, jelly or preserves
3 1/2 cups blueberries and raspberries or small strawberries
1/2 cup apricot preserves
1 tablespoon water

1. Preheat oven to 350°. To prepare pastry, mix flours with salt. Stir in oil, then sweetener, and water to texture desired. Roll out disk of dough between sheets of waxed paper, bottom sheet and top of dough sprinkled with flour for ease in rolling. Cut circles with scalloped edges large enough to fit the tart pans. Be sure the circles are larger than the pans.
2. Bake until golden, about 10 minutes. Let cool to room temperature.
3. For the filling, place one tablespoon raspberry jam in each cooled tart shell and arrange fruit on top. Combine apricot preserves with the water in a small saucepan and heat until smooth and runny. Brush the top of the fruit with the glaze. Serve as soon as possible after filling so the pastry doesn't get soggy.

*Variation: **Summer Berry Tart:** Prepare pastry for one standard tart pan. Proceed as above, using all the ingredients.*

For 8 servings, per serving:

Calories: 231 Protein: 2gm Fat: 6gm Saturated Fat: 0.5gm Carbohydrates: 43gm Fiber: 3gm
Cholesterol: 0 Sodium: 53mg
Calories from Protein: 4% Calories from Fats: 22% Calories from Carbohydrates: 75%