

Apple Tart



Recipe makes: 8 servings
Prep time: 50 minutes
Bake time: 30–35 minutes

Ingredients

For the pastry

- 1 3/4 cups low protein flour
- 1/2 stick of butter, softened
- 3 Tbsp sugar, divided
- 1/2 cup water, cold

For the filling

- 4 medium-sized apples, cored, halved and thinly sliced
- 1/4 cup sugar
- 2 tsp ground cinnamon
- 3 Tbsp maple syrup (optional)*

Directions

Preheat an oven to 400°F.

For the pastry

- 1 Combine low protein flour, butter and 2 Tbsp of sugar together in a large bowl with your hands until a coarse texture is achieved.
- 2 Make a well in the middle of the flour mixture and add water. Combine gently with your hands until a dough is formed.
- 3 Leave to rest for 10 minutes.
- 4 Dust a clean work surface with low protein flour, and knead the pastry for a minute on the work surface until smooth.
- 5 Roll the pastry out with a rolling pin to an 11-inch circle. Use the rolling pin to lift the dough into a 9 inch parchment paper-lined pie dish, making sure to press down on the edges.
- 6 Cut the excess dough off the sides of the pie dish, and prick the pastry base all over with a fork.
- 7 Spoon 1 Tbsp of sugar over the base of the pastry.

For the filling

- 1 Arrange the apple slices on top of the dough in a layered pattern.
- 2 Mix together 1/4 cup sugar and cinnamon; and sprinkle over the top of the tart.
- 3 Bake for 30–35 minutes in preheated oven.
- 4 Remove from oven, let it cool, drizzle maple syrup over top (if desired) and serve.

Nutrition Info Per Serving (1/8 tart):

Calories: 230 | Protein: 0.4 g | Phenylalanine: 12 mg

* Please note optional ingredients are not included in the nutrition analysis.

Please check the suitability of this recipe for you with your healthcare professional.

Metabolic Pro database was used for the nutrition analysis.

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