

**Recipe makes**  
8 servings

**Prep time**  
50 minutes

**Baking time**  
30-35 minutes



## NUTRITION INFO PER SERVING

(1/8 tart)

**Calories** 230

**Protein** 0.4 g

**Phenylalanine** 12 mg

## INGREDIENTS

### Pastry:

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

### 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.

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

**This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.**

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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