

Mini blueberry tarts

Ingredients

- 2½ cups blueberries, rinsed and dried
- ¼ cup brown sugar, extra for sprinkling
- ½ teaspoon cinnamon
- ½ lemon, zested and juiced (about ½ tablespoon juice)
- 2 tablespoon cornstarch or arrowroot powder
- 1 egg, whisked
- Dough for 1 pie crust, whole wheat (store bought or homemade)

Homemade pie crust

- 1¼ cups whole wheat flour
- 1 tablespoon granulated sugar, optional
- ½ teaspoon salt
- ½ cup unsalted butter, cold
- ¼ cup ice water, more as needed

Directions

Homemade pie crust

- Whisk together flour, sugar and salt.
- Grate cold butter onto flour mix with box grater or cut the butter into 1/8" cubes. (Avoid touching butter to prevent warming.)
- Use fork to blend butter and flour until texture resembles coarse sand.
- Slowly add ice water, mixing with wooden spoon until dough forms.
- Form dough into a disk and refrigerate at least 40 minutes before using.

Tarts

- Preheat oven to 350 degrees.
- Line baking sheet with parchment paper.
- Toss blueberries with sugar, cinnamon, lemon zest, juice and arrowroot or cornstarch.
- Divide pie crust dough into 6 balls.
- Roll each ball into rough 5-inch rounds and place on baking sheet.
- Add 3 tablespoons of the blueberry mixture to each round, leaving about 1 inch of dough on sides.
- Gently lift dough edges to form the tart.
- Brush crust with whisked egg, sprinkle tarts with extra sugar.
- Bake 10-15 minutes, or until crust is golden brown and filling is bubbling.



Nutritional Information

Servings: 6

Cost: \$9.04/\$1.51 per serving

Calories: 319 per serving