
SUMMER FRUIT TART

This delicious tart is so easy to make because you get to skip the dough, the baking, and the custard. The focus is on the fruit!



Ingredients:

- ❖ 5 apricots, pitted and cut into wedges
- ❖ 2 peaches, pitted and cut into wedges
- ❖ 1 cup strawberries, hulled
- ❖ 1 cup blueberries
- ❖ 1 cup blackberries
- ❖ 1 cup raspberries
- ❖ 1/2 cup dried bananas (or real banana slices)
- ❖ 1 tablespoon peach preserves, warmed
- ❖ 1 tablespoon roasted pistachios

Directions:

Heat the peach preserves in a bowl in the microwave for 30-60 seconds.

Place the prepared fruit in a large ceramic tart pan as shown in the photo. Keep it neat and arrange in rings. We put the berries on the outside and the peaches and apricot wedges in the center.

Top the center with the warmed peach preserves and the pistachios.

Place the sliced bananas on the top last.

Chef's Tips:

Serve immediately. You can always add ice cream or whipped cream but we like to serve just the fruit. It's really great if you can obtain your fruit from a farmer's market so that it's ripe and fresh.

Serves 8. Each 1 cup serving: 80 calories, 1g fat, 0g saturated fat, 0g trans fat, 0 mg cholesterol, 2 mg sodium, 18g carbohydrate, 4g fiber, 11g sugars, 2 g protein.