



Fresh Fruit Tart

INGREDIENTS:

Fruit Topping:

4 cups Fresh fruit, sliced
4 Tbsp. Low sugar jam, melted

Phyllo Crust:

8 Phyllo sheets
1 tsp Cinnamon sugar
Spray oil

Vanilla Cream Custard:

3 Tbsp. Sugar
3 Tbsp. Cornstarch
2 cups Skim milk
1 Vanilla bean

PREPARATION:

- Unroll phyllo sheets.
- Layer one sheet on top of another with cinnamon and sugar between, along with a light coat of spray oil to keep layers together.
- Cut the phyllo in a circle, 1 inch outside the edge of a tart pan.
- Tuck the excess phyllo into the pan to create a puffy pie crust edging.
- Bake at 350° for approximately 5-10 minutes until golden browned.
- Once cool, remove from tart pan.
- In a sauce pot combine sugar, cornstarch, milk and vanilla bean.
- Bring to a boil, whisking continuously until thick.
- Chill.
- To complete...spread the vanilla custard inside the phyllo crust.
- Arrange sliced fruit over the top of the custard, and gently spread melted jam over the top of the fruit.
- Chill one hour.
- Slice into 8 pieces.

Number of servings: 8
Serving Size: 1 slice
Calories: 172
Fat Grams: 0

