



Rhubarb frangipane tarts

Ingredients: (Serves 4)

- 2 sheets frozen shortcrust pastry, defrosted
- ¼ cup icing sugar, plus 1 tablespoon extra
- 30g unsalted butter, cubed, softened to room temperature
- 1 egg, lightly beaten
- 2 tablespoons liqueur of your choice (eg. Frangelico, Amaretto)
- ¼ cup reduced fat Greek yoghurt
- ⅔ cup almond meal
- 1 tablespoon plain flour
- 3 rhubarb stalks, sliced into batons to fit tarts
- 1 tablespoon honey
- ½ cup mascarpone

Method:

1. Preheat oven to 180°C (fan-forced). To prepare the tart cases, roughly cut circles of pastry to generously fit four 10cm individual tart tins. Gently press pastry rounds in tart tins, then trim the top edge with a knife. Place in the fridge for 15 minutes or until firm.
2. In a medium bowl, beat ¼ cup icing sugar and butter with a spatula until light and fluffy. Add egg and continue to beat until well combined. Stir through liqueur of your choice and ¼ cup Greek yoghurt. Gently fold in almond meal and flour.
3. Divide batter between prepared tarts. Arrange rhubarb on top and lightly press into surface, then drizzle with honey. Bake tarts for 25-30 minutes or until tops are golden brown and pastry bottom is crisp. Allow cakes to cool slightly before removing from tart cases.
4. Serve tarts dusted with extra one tablespoon icing sugar and with a dollop mascarpone.

Nutrition Information: (Per serve)

Energy:	2440kJ (583cal)	Protein:	11.2g	Total Fat:	34.7g
Saturated Fat:	14.2g	Carbohydrate:	52g	Sugars:	31.4g
Fibre:	4.4g	Sodium:	284mg		