



Christmas Raspberry Tarts

Makes 12 tartlets

These little treats will make a great gift or accompaniment to a cup of tea on Christmas Eve.

✗ Original Ingredients	✎ Modifications	✓ Modified Ingredients
2 cups plain flour		12 store bought unfilled petite vol-au-vents (found in bread aisle of supermarket)
¼ cup icing sugar mixture plus ¼ cup extra to dust	<i>Save time and reduce total fat and sodium</i>	1 tablespoon icing sugar to dust
150g butter, chilled, chopped		1 egg yolk, plus 1 egg, extra
1 egg yolk, plus 1 egg, extra	<i>Nil</i>	2 ½ tablespoons water
2 ½ tablespoons water	<i>Nil</i>	120g punnet raspberries
120g punnet raspberries	<i>Nil</i>	¼ cup no-added sugar raspberry jam
¼ cup raspberry jam	<i>Swap for no-added sugar jam to reduce sugar content</i>	2 teaspoon cornflour
2 teaspoon cornflour	<i>Nil</i>	Nil
1 tablespoon raw sugar	<i>Eliminate the added sugar to further reduce the sugar content</i>	

Method

1. Preheat oven to 180C/160C fan forced
2. Slightly crush the raspberries and stir together with non-added sugar jam and cornflour in a saucepan over low heat for 5 minutes or until the mixture comes to a simmer and thickens.
3. Whisk together extra egg and remaining water.
4. Divide jam mixture among the unfilled petite vol-au-vents then brush the edges of pastry with egg mixture.
5. Bake for 10-15 minutes or until golden and set aside for 15 minutes to cool, dusting with extra icing sugar.

Nutritional information

	Original Recipe		Modified Recipe	
	Per Serve	Per 100g	Per Serve	Per 100g
Energy	512kJ	1460kJ	227kJ	1100kJ
Protein	2.0g	5.7g	1.2g	6.0g
Fat total	5.9g	16.7g	2.2g	10.6g
– Saturated fat	3.6g	10.1g	1.2g	5.7g
Carbohydrate	15.0g	42.8g	6.9g	33.3g
Fibre	0.8g	2.2g	1.1g	5.3g
Sodium	55mg	157mg	25mg	124mg