




GRANOLA FRUIT TART

 4 servings  Prep: 20 min  Cook: 10 min

INGREDIENTS

½ cup Rolled Oats
 4 tbsps Nuts, chopped
 3 tbsps Honey
 2 tbsps Margarine
 ½ cup Fruits Assorted
 (strawberries and kiwi),
 chopped
 4 tbsps Yogurt, low-fat

OPTIONAL

½ tsp Vanilla Extract
 ¼ tsp Cinnamon Powder



METHODS

1. Preheat oven to 160°C.
2. In a mixing bowl, mix oats, nuts, honey, vanilla extract and cinnamon well to form your granola mix.
3. Grease a 12-cups (2.5cm diameter) baking pan with margarine.
4. Press 1 tsp of granola mix into greased pan.
5. Bake in oven at 160°C for about 10 min, or until the tart base turns golden brown. Remove from oven.
6. While still hot, press down the centers and sides of the tart base with the back of the spoon. Set aside to cool.
7. Fill each tart halfway with yogurt and smooth out evenly.
8. Arrange chopped fruits on top and serve immediately.

Tip:

- To prevent soggy tart base, add in yogurt only when ready to serve



WHOLEGRAIN
WEDNESDAY

Nutrition Information (per serving)

Energy 189kcal, Carbohydrate 25.4g, Protein 3.5g, Fats 8.0g, Saturated Fats 1.0g, Polyunsaturated Fats 2.2g, Monounsaturated Fats 4.2g, Cholesterol 0mg, Dietary Fibre 3.0g, Sodium 20mg, Potassium 176mg, Phosphate 90mg

