

French Apple Tart

Serves 10



Serving Suggestion

Typical values per portion

Energy	903kJ /215kcal
Fat	11.8g
Of which saturates	5g
Carbohydrate	21.2g
Of which sugars	13g
Protein	6.4g
Fibre	1.7g
Salt	0.55g
Vitamin D	3µg
Calcium	290mg

Ingredients:

225g Short-crust Pastry (or ready-made pastry case)
800g Apples peeled cored and sliced into quarters then eighths – depending on size of the apple
100ml Milk
200g The Laughing Cow® Nutrient Fortified
3 Eggs
50g Sugar
Cinnamon (1 pinch)
Vanilla Essence to taste
Icing sugar to serve

ALLERGENS: Milk, Gluten, Egg

For Allergens, always check labelling of specific ingredients used

Method:

1. Pre-heat oven to 170°C
2. Line baking tin with short-crust pastry
3. Peel and quarter apples and lay out apple slices over the pastry case
4. Beat eggs and mix with sugar, The Laughing Cow® Nutrient Fortified, and the milk. Add the cinnamon and vanilla essence
5. Pour the mixture into the pastry case
6. Bake in the oven for approx 45 mins at 170°C or until filling is firm to the touch
7. Cut into 10 portions and sprinkle with icing sugar before serving

- ✓ Versatile cheese ingredient
- ✓ Rich in Protein
- ✓ Rich in Calcium
- ✓ Rich in Vitamin D

