French Apple Tart

Serves 10



Typical values per portion

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Energy	903kJ	/215kcal
Fat		11.8g
Of which satu	ırates	5g
Carbohydrate	9	21.2g
Of which suga	ars	13g
Protein		6.4g
Fibre		1.7g
Salt		0.55g
Vitamin D		Зμg
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)

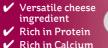
Vanilla Essence to taste Icing sugar to serve

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



Rich in Vitamin D



