

Apple Tarts



desserts

POINTS® Value: 4

Servings: 4

Preparation Time: 10 min

Cooking Time: 30 min

Level of Difficulty: Moderate

Serve these rustic-looking tarts warm with vanilla fat-free frozen yogurt.

Ingredients

- 3/4 cup all-purpose flour
- 1/4 tsp sugar
- 1/4 tsp table salt
- 3 Tbsp reduced-calorie margarine
- 2 Tbsp sugar
- 1/4 tsp ground cinnamon
- 3 small apple(s), peeled and thinly sliced

Instructions

- Preheat oven to 350°F (175°C). Mix flour with 1/4 teaspoon sugar and salt.
- Cut margarine into flour mixture with a fork until flour is the consistency of cornmeal. Mix with 2 or 3 tablespoons cold water until dough forms a ball (a little drier is better than a little sticky). You can make the dough up to 24 hours ahead of times if you wrap it securely in plastic wrap and refrigerate it until you need it.
- Divide dough into four pieces. Roll each into a ball and then flatten into a disc about 5 inches (13 cm) across. Place the discs on a baking sheet a few inches apart.
- Combine remaining sugar with cinnamon.
- Arrange apple slices on top of dough discs, overlapping and fanning them (so they make a flower shape). Sprinkle generous amounts of sugar-cinnamon mixture over them.
- Bake until crust is browned, approximately 35 to 40 minutes. Serve warm or at room temperature.