

食譜

Recipes



Yummy Fruit Tart

Ingredients:

Wholemeal sandwich bread (crustless)	4 slices
Low-fat plain yoghurt	½ cup
Fresh strawberries and blueberries	½ cup
Kiwi fruit	1 piece

(Remark: 1 cup ≈ 240 ml)

(Serves about 4 persons)



Seasoning:

Lemon juice	A small amount
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Method:

1. Preheat an oven to 160-180°C.
2. Press the wholemeal bread flat and fill them into the fruit tart moulds. Bake for 5-6 minutes or until golden (may adjust the baking time according to your preference). Let it cool down to room temperature. Set aside.
3. Wash the blueberries. Peel and slice the kiwi fruit. Dice the strawberries. Add a small amount of lemon juice to prevent the fruit from browning.
4. Pour an appropriate amount of yoghurt into the fruit tart cups and top with mixed fruit, and serve.



Nutrition Tips

1. Replacing traditional butter pastry with wholemeal bread increases your dietary fibre and reduces your energy and fat intake. It is a healthy and delicious alternative!
2. Replacing whipping cream with yoghurt does not only reduce your energy and fat intake, but also increase your calcium and protein intake.
3. Baking can reduce the use of oil and make food more aromatic, crispy and delicious.