

Blueberry tart with walnut crust

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For this tart, a few tablespoons of maple syrup sweeten the blueberry topping and round out the flavour of the cream filling.

Ingredients

Crust

- ½ cup walnuts, lightly toasted (see Tip)
- 1 cup digestive biscuit crumbs, (see Note)
- 1 large egg white
- 1 tbsp butter, melted
- 1 tbsp peanut oil
- Pinch of salt

Filling

- 220 g reduced-fat cream cheese, softened
- ¼ cup reduced-fat sour cream
- ¼ cup plus 2 tbsp pure maple syrup, divided
- 2 cups fresh blueberries

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Method

To prepare crust: Preheat oven to 160°C.

Coarsely chop walnuts in a food processor. Add digestive biscuits and process until the mixture looks like fine crumbs.

Whisk egg white in a medium bowl until frothy. Add the crumb mixture, butter, oil and salt; toss to combine. Press the mixture into the bottom and 1 ½ cm up the sides of a 22 cm removable-bottom tart pan. Set the pan on a baking sheet. Bake until dry and slightly darker around the edges, about eight minutes. Cool on a wire rack.

To prepare filling: Beat cream cheese, sour cream and ¼ cup maple syrup in a medium bowl with an electric mixer on low speed until smooth. When the crust is cool, spread the filling evenly into it, being careful not to break up the delicate crust. Arrange blueberries on the filling, pressing lightly so they set in. Drizzle the remaining two tablespoons maple syrup over the berries. Chill for at least one hour to firm up.

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