



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Banana Cream Tarts With Raspberries

Prep Time: 30 mins

Cook Time: 13 mins

Total Time: 43 mins

Ingredients

- 8 ounce(s) sour cream, light or fat-free, or one 7-ounce carton purchased creme fraiche
- 1 medium banana(s), mashed (1/3 cup) or 1/3 cup mashed mango
- 1 teaspoon sugar, granulated, or granulated heat-stable sugar substitute (Splenda), optional
- 1 cup(s) raspberries
- chocolate, semisweet, (optional)
- 1 1/4 cup(s) flour, all-purpose
- 1/4 teaspoon salt
- 1/3 cup(s) shortening
- 4 tablespoon water, divided



Preparation

Banana Cream Tarts:

1. Preheat oven to 450°F. Prepare Pastry Dough. Divide dough into 10 portions. On a lightly floured surface, use your hands to slightly flatten 1 portion. Roll dough from center to edges into a circle about 3 1/2-inches in diameter. Line a 3-inch tart pan with pastry. Press pastry into fluted sides of tart pans; trim edges. Prick bottom of pastry. Repeat with remaining portions of pastry. Line pastries with a double thickness of foil.
2. Place pastry-lined tart pans on a very large baking sheet. Bake 8 minutes; remove foil. Bake for 5 to 6 minutes more or until pastry shells are golden. Cool in pans on a wire rack. Remove pastry shells from pans.
3. For filling, in a medium bowl, stir together sour cream or creme fraiche and mashed banana or mango. If desired, sweeten with sugar or sugar substitute.
4. Divide filling mixture among pastry shells; top with raspberries, banana slices and/or kiwi slices. Garnish with chocolate curls, if desired.

Tart Pastry:

In a medium bowl, stir together 1 1/4 cups all-purpose flour and 1/4 teaspoon salt. Using a pastry blender, cut in 1/3 cup shortening until pieces are pea-size. Sprinkle 1 tablespoon cold water over part of the flour mixture; gently toss with a fork. Push moistened dough to the side of the bowl. Repeat moistening flour mixture, using 1 tablespoon cold water at a time, until all of the flour mixture is moistened (4 to 5 tablespoons cold water total). Form dough into a ball.