

YUMMY APPLE TART

Servings per recipe: 8

Serving size: 1/8th of the tart

Ingredients

- 1 ready-to-use refrigerated pie crust (1/2 of 14.1 oz package)
- 4 oz. (1/2 of 8-oz. package) Cream Cheese, softened
- 3 apples, thinly sliced
- ¼ cup granulated sugar or Splenda®
- 2 Tbsp. flour
- Mix together: 1½ tsp granulated sugar or Splenda® and 1/2 tsp. cinnamon
- Topping: 1 cup thawed light whipped topping (2 Tbsp per serving)

Preparation

- Heat oven to 450°F.
- Line 9-inch pie plate with crust.
- Carefully spread cream cheese into 6-inch circle in centre of crust.
- Toss apples with granulated sugar and flour; spoon over cream cheese.
- Fold crust partially over apples.
- Sprinkle with sugar/cinnamon blend.
- Bake 25 minutes, covering loosely with foil the last 5 minutes.
- Serve with whipped topping.
- Refrigerate leftovers.

Option: Using refrigerated pie crust and large round cookie cutter, cut into rounds. Gather up scraps and reroll to make a total of 10. Press each round into ungreased regular-size muffin tin. Divide ingredients into muffin cups and bake at 425° F for approximately 18-20 minutes or until crust is golden brown. Serve with whipped topping.

Renal and renal diabetic food choices:

1 starch, 1 low potassium fruit

Nutrients per serving:

250 calories, 2 grams protein, 27 grams carbohydrate, 14 grams fat, 147 mg sodium, 94 mg potassium, 29 mg phosphorus.

Adapted from kraft.com

