

The Low Cal Blueberry Tart

Recipe By Renee Muller



Cooking and Prep:  2 h

Serves:  10

Contains:     

Preference: Dairy

Difficulty: Easy

Occasion: Shavuot

Source: Whisk by Ami

Magazine

Ingredients (11)

Crust

- 1 cup graham cracker crumbs
- 1/2 cup ground walnuts
- 1 egg white or 3 tablespoons **Haddar Egg Whites**
- 1 tablespoon butter, melted
- 1 tablespoon oil
- pinch salt

Filling

- 1 (8.8 oz) container of Tnuva quark soft cheese, 95%
 - 1/2 cup light sour cream
 - 3 tablespoons unprepared vanilla pudding (Osem brand, or you can use sugar-free if you like)
 - 2 large marshmallows such as [Elyon Vanilla Marshmallows](#)
 - 2 cups fresh blueberries
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Start Cooking

Start with the Crust

1. Preheat oven to 350 degrees Fahrenheit.
2. Combine all crust ingredients in a bowl. Mix with the help of a fork.
3. Press the mixture into a tart pan, making sure to carefully press into all the fluted sides. Bake for 12 minutes and let cool.

Prepare the Filling

1. In a bowl, combine quark cheese, sour cream, and vanilla pudding mix. Using a whisk, mix vigorously until smooth.
2. Cut marshmallows in half, place on a plate, and microwave for 10 seconds only. You want to make sure to remove them from the microwave as soon as they start puffing up. Working quickly, incorporate marshmallows into the batter. Keep whisking until smooth again.

Assemble

1. Gently spread filling over cooled crust. Use an offset spatula to help you get to all the corners.
2. Wash and dry blueberries well. Arrange blueberries into filling, pressing them in lightly.
3. Chill for at least one hour to set.

Note:

Tart will keep in the refrigerator for four to five days. Yields one 12x8.5-inch tart or six mini tarts