

Lemon Fruit Tart

Crust:

1 ½ c. stirred w.w. pastry flour
⅓ c. stirred oat flour
¼ c. ground almond meal
¼ t. butter salt

⅓ c. mild olive oil
⅓ c. pure maple syrup
almond extract?

COMBINE all dry ingredients.

EMULSIFY oil & syrup.

MIX into dry ingredients.

PRESS mixture into 9" Pam-sprayed tart pan.

BAKE at 400 degrees for 13-15 minutes or until done.

COOL.

Filling:

1 pkg. Mori Nu tofu, firm
3 T. fresh lemon juice
1 T. water
zest of one lemon

1 pkg. Mori Nu Mate Lemon
Flavor

COMBINE first 4 ingredients in blender.

WHIZ until smooth.

ADD mix & blend smooth.

POUR into cooled crust & spread evenly.

COVER & CHILL for at least 4 hours.

SERVE with fresh berries or other fruit.