

Caramelised apple tartlets



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Preparation 15 mins | Cooking 15 mins | Makes 6

750g Granny Smith apples
60g butter
2 tbs golden syrup + extra for drizzling
1 cup reduced fat thick custard
6 sweet shortcrust tartlet cases

STEP 1 Peel, core and quarter apples. Cut crossways into 1 cm-thick slices. Melt butter and golden syrup in a large non-stick frying pan over medium heat until well combined and bubbling.

STEP 2 Add apples to pan and stir to combine. Cover and cook for 5 minutes. Uncover and cook, stirring occasionally, for 8-10 minutes until tender and golden. Remove pan from heat and set aside to cool slightly.

STEP 3 To serve, spoon custard into tartlet cases and top with apple mixture. Serve with a drizzle of extra golden syrup.

Good for you... **APPLES**

A crunchy source of dietary fibre and also contains natural sorbitol. Both fibre and sorbitol help keep us regular. Good source of vitamin C. Among its many functions, vitamin C contributes to healthy gums. Low GI which means the natural sugars in apples are digested slowly, releasing energy gradually.

