

Easy plum tarts



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Preparation 20 mins | Cooking 25 mins | Serves 8

1 sheet frozen puff pastry
1/3 cup almond meal
5 ripe plums, stones removed and cut into 1/2cm-thick wedges
2 tbs caster sugar
sea salt, for sprinkling
honey, for drizzling
Greek-style natural yoghurt, to serve

STEP 1 Preheat oven to 200°C fan-forced. Place pastry onto a board to defrost. Cut pastry into 8 x 8cm squares. Lightly score (making a shallow cut) a border, 1 cm from around the edge, of each pastry square. Arrange pastry squares onto a baking tray lined with baking paper.

STEP 2 Prick pastry with a fork. Sprinkle (within the border) with almonds. Arrange plums in the centre of each pastry square. Sprinkle with caster sugar and sea salt. Bake for 20 minutes or until pastry is puffed and golden. Drizzle with honey and serve with yoghurt.

Good for you... *PLUMS*

A good source of dietary fibre, which helps keep the intestine healthy and prevent constipation. Provide small amounts of minerals and vitamins, including vitamin C which is important for protection against infection. The purple skin on plums is a source of pigments called anthocyanins that are being studied for their potency as antioxidants.

