

No-bake blueberry & sweet ricotta tart

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Preparation 25 mins + chilling time | Serves 8

Ricotta cannoli filling:

500g fresh ricotta

⅓ cup icing sugar + extra for dusting

½ tsp vanilla extract icing sugar

250g blueberries

Finely shredded orange zest and honey, to serve

Biscuit base:

250g Butternut Snap or Marie biscuits

125g unsalted butter, melted

STEP 1 To make the biscuit base, place biscuits into a food processor and process until finely chopped. Add butter and process until well combined. Evenly press mixture into the base of 22cm wide x 2.5cm deep loose-base fluted tart pan. Refrigerate for 3 hours (or longer if time permits).

STEP 2 To make the filling, place ricotta, icing sugar and vanilla into a medium bowl. Using electric hand beaters, beat the mixture until smooth. Cover and chill until ready to serve.

STEP 3 Just before serving, fill the tart case with the ricotta mixture. Scatter with blueberries. Dust with icing sugar and sprinkle with orange zest. Drizzle with a little honey and serve.

Good for you... **BLUEBERRIES**

A good source of vitamin C which is important for healthy gums. Provide vitamin E, one of the antioxidant vitamins that helps prevent damage to body tissues. A good source of dietary fibre, which is important for a healthy intestine. The natural purple pigments are potent antioxidants, which may boost the body's level of these protective compounds.

