

Pear and Ginger Tart

INGREDIENTS:

Crust:

- 1 cup walnuts
- 5 dates, pitted
- 2 tbsp. whole wheat flour
- 1 tbsp. whole flax seed
- ¼ tsp. ground cinnamon
- Dash of salt
- 1 tsp. maple syrup

Filling:

- 3 medium pears
- 1 cup applesauce, unsweetened
- 1- 1 ½ tbsp. maple syrup
- ¼ tsp ground cinnamon
- ¼ tsp ground nutmeg
- 1 tbsp. freshly grated ginger
- Optional: Add 4 oz. cranberries or mint leaves for holiday garnish.



Servings: 10

INSTRUCTIONS:

1. Preheat oven to 350° F.
2. Process all crust ingredients in a food processor for a few minutes until it forms a ball. Press into tart pan.
3. Spread applesauce on top of the uncooked crust.
4. Slice pears into ¼" slices, no need to peel. Combine sliced pears and remaining filling ingredients in a large bowl, then arrange neatly on top of the layer of applesauce.
5. Place tart pan on foil lined baking sheet, and bake in oven for 40 minutes or until the pears are slightly browned.
6. Remove tart from oven and allow to cool completely before removing from tart pan. Cut into 10 slices. Serve warm or chilled.
7. Optional: Garnish with cranberries or mint leaves.

Nutrition Facts

10 servings per container	
Serving size	1 slice
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 19g	7%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 21mg	2%
Iron 0mg	0%
Potassium 123mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.