

Upside Down Fruit Tarts

An easy and quick dessert that can be made with just a handful of ingredients and any fruit you like!

Serves- 6

Recipe adapted from a fruit tart recipe.



Ingredients

2 sticks of rhubarb (or any other fresh or frozen fruit, e.g. apple, raspberry, blueberries)
1 sheet of puff pastry
6 teaspoons of brown sugar
6 teaspoons of butter or nuttalex
1 teaspoon of vanilla
½ teaspoon cinnamon
Optional- Icing sugar to dust, yoghurt or ice-cream to serve

Equipment

Measuring spoons
Knife
Baking tray
Small bowl
Fork
Pastry brush

Instructions



1. Sprinkle 1 teaspoon of brown sugar on a tray for each tart. Cut up your rhubarb and arrange on the sugar.



2. Bake in the oven till soft. Mix the other 6 teaspoons of sugar with the butter or nuttalex, cinnamon and vanilla.



3. Cut the puff pastry into 6 rectangles. Spread the butter mixture on each piece of pastry leaving the edges.



4. Place the pastry on top of the fruit and push down the edges.



5. Prick the pastry with a fork and brush with egg or milk.



6. Bake for 15 minutes at 180°C until golden brown. Let cool. Serve with icing sugar, ice-cream or yoghurt.