



Berries Greek Yogurt Tart

Yield: 8 servings

| Ingredients | Amount |
|--|-------------------------|
| Yogurt Filling | |
| Plain Low Fat Greek Yogurt | $\frac{2}{3}$ cup/ 100g |
| Unsweetened Cocoa Powder (Optional) | $\frac{1}{4}$ teaspoon |
| Vanilla Essence | $\frac{1}{8}$ teaspoon |
| Strawberries | $\frac{1}{3}$ cup/ 50g |
| Grapes, white | $\frac{1}{3}$ cup/ 30g |
| Raspberries | $\frac{1}{4}$ cup/ 50g |
| Tart Shell | |
| All Purpose Flour | 195g |
| Artificial Sweetener, e.g. Splenda, Monk Fruit Sweetener | 3 tablespoons/ 50g |
| Unsalted Butter | 115g |
| Egg Yolk | 1 yolk |

STEPS:

- Using a clean bowl, add in greek yogurt, cocoa powder and vanilla essence. Whisk thoroughly then cover with food wrapper. Chill the yogurt mixture in the fridge until it is ready to be served.
- Cut strawberries into small halves, peel grape skin off and cut into half. Place berries on a piece of clean paper towel to remove excess moisture. Then, set the fruits aside.
- To prepare the tart shell, place the flour and artificial sweetener in a medium mixing bowl. Mix the butter with a spatula, fold in until the mixture resembles coarse meal.
- Add the egg yolk and stir until the dough forms into a ball-shaped. Then wrap the dough tightly in food wrapper, and chill for 1 hour.
- On a lightly floured surface, roll the dough to a thickness of about $\frac{1}{8}$ inch. Press the dough gently into the tart pan(s), trimming away any excess.
- Preheat oven to 200°C and place rack in centre of oven. Bake the crust for 5 minutes with 200°C. Then, reduce oven temperature to 180°C and bake until well cooked. Once tart is cooked, let it cool down for 1 hour before use.
- Add yogurt mixture into the tart shell and spread evenly. Lastly, add the fresh fruit on top of it. You may garnish with mint leaves/edible flower.

Cooking TIPS!

- ✓ Before putting pastry crust into oven, lightly prick the bottom of crust with tines of a fork, as this can prevent the dough from puffing up while baking.

Healthy TIPS!

- ✓ Sugar content is reduced by replacing sugar with artificial sweetener. However, it is advisable to use it in moderation to prevent craving for intense sweetness.
- ✓ For kidney patients who need to restrict potassium intake, you may replace the fruits topping with other low potassium fruits such as blueberries or dragonfruits.

Nutrition content per serving: (Energy: 212 kcal)

| | | |
|-------------------|-----------------|-----------------|
| Carbohydrate: 25g | Protein: 5g | Total fat: 13g |
| Sodium: 9mg | Potassium: 60mg | Phosphate: 90mg |

Recipe courtesy of Chef Jason Koh from ITE College West, in collaboration with NKF Dietitians



莓果优格挞

份量：8 人份

| 材料: | 份量 |
|--|------------------------|
| 优格内馅 | |
| 无糖低脂希腊优格 | $\frac{2}{3}$ 杯/ 100 克 |
| 无糖可可粉 (可省略) | $\frac{1}{4}$ 茶匙 |
| 香草精 | $\frac{1}{8}$ 茶匙 |
| 草莓 | $\frac{1}{3}$ 杯/ 50 克 |
| 青葡萄 | $\frac{1}{3}$ 杯/ 30 克 |
| 覆盆子/ 山莓 | $\frac{1}{4}$ 杯/ 50 克 |
| 挞皮 | |
| 面粉 | 195 克 |
| 代糖, 例如: <i>Splenda, Monk Fruit Sweetener</i> | 3 汤匙/ 50 克 |
| 无盐牛油 | 115 克 |
| 蛋黄 | 1 颗 |

烹调步骤:

1. 把优格, 可可粉和香草精倒入碗中, 搅拌均匀。包上保鲜膜并放入冰箱冷藏备用。
2. 将草莓切半, 葡萄去皮切半, 然后用厨房用纸将山莓和草莓多余的水分吸干。水果搁置备用。
3. 准备挞皮, 把面粉和代糖加入碗里。放入牛油, 并用刮刀拌至粉块状。
4. 加入蛋黄, 搅拌均匀直到形成面团。用保鲜膜包住面团, 放入冰箱冷藏 1 小时。
5. 在桌面上撒一点面粉, 将面团搓揉至 $\frac{1}{8}$ 寸的厚度。把面皮按压进挞模里, 再除掉多余的面团。
6. 把挞皮放入先前预热的烤箱, 用 200°C 烤 5 分钟。然后把温度降低到 180°C, 继续烘烤到酥脆。
7. 烤熟后, 将挞皮搁置一旁冷却 1 小时。将酸奶倒进挞皮中铺平, 并搭配备用的水果作为装饰。您也能用薄荷叶或可食用的花卉来装饰!

烹饪小贴士!

- ✓ 将挞皮放入烤箱烘烤前, 记得用叉子在挞皮底部扎几个小孔, 以避免挞皮在烘烤过程中过度膨胀。

健康小贴士!

- ✓ 使用代糖取代白糖能减少您的糖份摄入, 但请适量使用代糖以避免对甜味产生过度依赖。
- ✓ 需要限制钾摄入量的肾脏病患: 您可用其他低钾的水果作为替代, 如: 蓝莓或龙珠果。

营养含量 (一人份): (热量: 212 kcal)

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|-------------|----------|----------|
| 碳水化合物: 25 克 | 蛋白质: 5 克 | 脂肪: 13 克 |
| 钠: 9 毫克 | 钾: 60 毫克 | 磷: 90 毫克 |

此食谱由工艺教育西区学院的 Chef Jason Koh 与全国肾脏基金会的营养师提供