

Blueberry Lemon Tart (Three ways with other flavors)



Plan Z Phase: This is a Z3.5 (ZReboot 3.5) recipe.

This is a lovely, light tart. Makes an elegant dessert for a party. You can also make this with other flavors, but lemon goes particularly well with blueberry.

Change up the fruits and the flavorings and this can be several desserts. Think strawberry with almond, or orange with raspberries.

Ingredients:

- A pie crust. You can cheat and use a processed pie crust and sometimes that's just necessary to save time. Just follow the directions for baking on the back of the box. 9 minutes and you'll have a nice crust to fill. Or use this healthier nut crust recipe
- 2 blocks of full fat cream cheese, softened (you can soften on the counter or zap it in your microwave for 20 seconds on high for each block). Be sure they are unwrapped and in a microwave-safe bowl.
- $\frac{3}{4}$ cup of granular sweetener. I use Swerve or ZSweet or

Surkin brands (order online)

- 1 large egg
- 1 Tbl of grated lemon peel –or if you don't want to do fresh you can use the jar, dried peel. (if making another flavor you'll use vanilla with almond or orange peel with orange option)
- 4 Tbl of fresh lemon juice (use OJ with the orange flavor and water with the almond option)
- 3 Tbl of spreadable fruit. This is like jelly, but you get less sugar using this. You can choose any flavor. I used blackberry on top of my blueberry option, but the most versatile flavor is to use apricot spreadable fruit.
- 3 Tbl of water

Instructions:

While your crust is baking you can make the filling.

With a mixer, blend the cream cheese and the sweetener until smooth. This will take about a minute. If your cream cheese is not soft, it will clog the mixer, but you can work to get that out and begin blending again.

Add the egg, lemon peel, and juice. Blend until fully fluffy. A minute more or so.

Go over to your crust and mound the filling to the middle. Then take a spatula and spread it toward the edges. Bake 20 minutes at 350 degrees until set.



Remove from the oven and let it cool about 30 minutes. You'll then want to put it in the fridge for a couple of hours to chill. You'll be adding the fruit right before serving.

Arrange your fruit on top of the tart. You might have to press it down a bit to get it to adhere. Careful. Heat the spreadable fruit and water, stir to incorporate until the fruit dissolves. With a pastry brush, dab the fruit mixture onto the berries. Cover the whole top and it will be nice and shiny. The topping will also help "glue" the berries together but expect when you cut this that it might not stay perfectly neat. Some berries might roll off. No issue.

Chill another few minutes to chill the topping or you can then keep it in the fridge until you serve it later.

If you have any leftovers, they taste great the next day. After 2 or 3 days the crust will start to get soggy. Cover leftovers with plastic wrap.

Enjoy!

Cheers,