



Low FODMAP Berry Frangipane Tart

Serves: 6

Prep: 10 minutes

Cook: 30 minutes



Stack Cup

Ingredients	Metric	Imperial
Butter, softened	75 g	2.6 oz
½ tsp vanilla extract	2.5 g	0.1 oz
⅓ cup caster sugar	68 g	2.4 oz
1 egg	58 g	2.1 oz
¾ cup almond meal	72 g	2.5 oz
1 tbsp gluten-free cornflour	9.4 g	0.3 oz
Blueberries (or a mix of low FODMAP berries)	150 g	5.3 oz
2 tbsp pure icing sugar	32 g	1.1 oz

Method

1. Preheat oven to 180°C/356°F. Grease 6-8 loose-based flan tins and place on oven tray, you can also use one large loose-based shallow tin.
2. Mix butter, vanilla, and caster sugar together in a small bowl with electric mixer until combined. Add the egg and mix well.
3. Gently mix in the almond meal and cornflour, stir until smooth. Spoon the mixture into the tin/s, smooth the surface with the back of a hot spoon and sprinkle with blueberries, pushing them into the mix slightly.
4. Bake in the oven for 30 mins until the surface is golden brown and firm to touch. Let stand before turning out of the trays.
5. Serve with a dusting of icing sugar.

Nutrition Information (per serve)	
Energy	1145 Kj / 274 cal
Protein	4.10g
Carbohydrates	23.50g
Sugar	20.40g
Total Fat	18.50g
Saturated Fat	7.50g
Fibre	1.70g