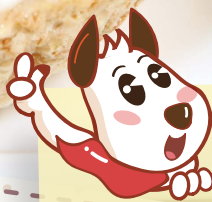# 美味果撻
Yummy Fruit Tart

Serves **4**

自製健康小食的貼士
Tips for home-made healthy snacks

1. 以麥包代替傳統牛油皮果撻，加添膳食纖維，亦有助降低熱量及脂肪，健康又美味。
2. 以乳酪代替忌廉，減少熱量及脂肪之餘，亦添加了鈣質及蛋白質等營養要素。
3. 採用烘焙方法，減少用油之餘，更令食物香脆可口。

1. Replacing traditional butter pastry with wholemeal bread increases your dietary fibre and reduces your energy and fat intake. It is a healthy and delicious alternative!
2. Replacing whipping cream with yoghurt does not only reduce your energy and fat intake, but also increase your calcium and protein intake.
3. Baking can reduce the use of oil and make food more aromatic, crispy and delicious.

食材 Ingredients

麥方包 (去皮)	4片	Wholemeal sandwich bread (crustless)	4 slices
低脂純味乳酪	½杯	Low-fat plain yoghurt	½ cup
新鮮士多啤梨、藍莓	½杯	Fresh strawberries and blueberries	½ cup
奇異果	1個	Kiwi fruit	1 piece
(註：1杯 ≈ 240毫升)		(Remark: 1 cup ≈ 240 ml)	

調味料 Seasonings

檸檬汁	少許	Lemon juice	A small amount

烹調步驟 Cooking Method

1. 焗爐先預熱至攝氏160-180度，備用。
2. 麥方包先壓扁，鋪入果撻模中，再放入爐焗5-6分鐘至金黃色 (或因應個人喜好可調節烘焙時間)，在室溫中待涼，備用。
3. 洗淨藍莓。奇異果去皮、切片。士多啤梨切成水果塊，加少許檸檬汁以免氧化而變黑。
4. 將適量的乳酪放入果撻杯內，再以不同的水果鋪面，即成。

1. Preheat an oven to 160-180°C.
2. Press the wholemeal bread flat and fill them into the fruit tart moulds. Bake for 5-6 minutes or until golden (may adjust the baking time according to your preference). Let it cool down to room temperature. Set aside.
3. Wash the blueberries. Peel and slice the kiwi fruit. Dice the strawberries. Add a small amount of lemon juice to prevent the fruit from browning.
4. Pour an appropriate amount of yoghurt into the fruit tart cups and top with mixed fruit, serve.