

Berry-Cream Tart

Ward off varicose veins with blueberries! These bite-size goodies are chock-full of anthocyanidins, potent antioxidants that strengthen veins.

This recipe is from the magazine *First* 7/25/05. Makes 8 Servings.

1 1/2 cups graham cracker crumbs (about 20 boards)
1/3 cup unsalted butter, melted
1 cont. (8.8oz.) mascarpone, at room temperature
1/2 cup apricot preserves
1 tsp. almond extract
1 pint raspberries
1 pint blackberries
6 oz. blueberries
2 tbsp. apricot jelly, melted

1. Heat oven to 350 degrees F.
2. In bowl, combine crumbs and butter; press into bottom and up sides of 9" round tart pan with removable bottom.
3. Bake 10 min; cool on wire rack.
4. In bowl with electric mixer on medium speed, beat mascarpone, preserves and extract 1 minute.
5. Spoon into crust. Arrange fruit on top; brush with melted jelly.

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Shopping List

Berry-Cream Tart

<u>Ingredients</u>	<u>Wieght or Volume</u>	<u>PLU #</u>
graham cracker crumbs	1 1/2 cups	_____
unsalted butter	1/3 cup	_____
mascarpone	1 cont. (8.8oz.)	_____
apricot preserves	1/2 cup	_____
almond extract	1 tsp.	_____
raspberries	1 pint	_____
blackberries	1 pint	_____
blueberries	6 oz.	_____
apricot jelly	2 tbsp.	_____

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