

## Maple Tarts

### Summary

<b>Yield</b>	Servings
<b>Source</b>	wailana
<b>Prep time</b>	15 minutes
<b>Cooking time</b>	30 minutes
<b>Total time</b>	45 minutes

### Description

A delicately flavored, not-too-sweet filling inside a delicious tender pastry makes these tarts irresistible—but they're low-fat and dairy-free, so don't worry if you eat an extra one (or two)!

Image not found

[http://www.wailana.com/sites/default/files/recipe/maple-tarts\\_library.jpg](http://www.wailana.com/sites/default/files/recipe/maple-tarts_library.jpg)

### Ingredients

--Pastry:

3?4 c

Unbleached white flour

3?4 tspn

Egg replacer powder

3?4 tspn

Baking powder

1?16 tspn

Salt

2 pn

Baking soda

2 1?2 Tbsp

Vegetable oil

2 1?2 Tbsp

Eggless mayonnaise

2 tspn

Water, or as needed

--Filling:

1 c

Fresh almond milk\*

5 Tbsp  
Maple syrup  
3/4 tspn  
Vanilla  
2 pn  
Salt  
1 3/4 Tbsp  
Cornstarch mixed with  
1 3/4 Tbsp  
Water

## Instructions

1. Preheat the oven to 350°F. Combine the first 5 ingredients together in a small bowl. Rub in the oil and mayonnaise with your fingertips until evenly crumbly. Add the water and mix to form a smooth, moist dough. Divide the dough into 12 pieces.
2. Press each piece evenly into an oiled standard 12-cup muffin tray, allowing the dough to come about halfway up the sides. Bake for 15 minutes, or until light golden with slightly darker edges. Remove from the heat and allow the tart bases to cool at least 15 minutes before removing from the tray directly onto a serving dish.
3. While the tart bases are baking, prepare the filling. Make the almond milk as directed below. Place in a medium saucepan along with the maple syrup, vanilla, and salt and bring to a boil on medium heat.
4. Stir in the cornstarch mixture, whisking constantly until well thickened. Remove from the heat and allow to cool for 5 minutes before filling the tart bases. Allow the filled tarts to sit for at least 10 minutes before serving.

## Notes

\*Almond milk: Blend 1/2 cup raw almonds with 1 1/2 cups hot water until smooth. Strain through a fine strainer. If you use blanched raw almonds, the milk will be slightly whiter in color.

Nutritional Information Per Serving:

Calories: 127, Fat 6.7g (61 cal), Carbohydrate 14.6g (58 cal), Protein 2g (8 cal)

Added information: Saturated Fat 0.6g, Cholesterol 1mg, Sodium 141mg, Dietary Fiber 0.6g

---

Source URL: <http://www.wailana.com/lifestyle/recipe/maple-tarts>