



APPLE TARTS

SERVES: 12

TOTAL TIME: 55 MINUTES

INGREDIENTS

FOR THE CRUST

- 300g **all-purpose flour**
- 1 scoop **oatmeal cookie whey protein powder**
- 1 tsp **table salt**
- 1 cup **shortening**
- ½ cup **water**

FOR THE FILLING

- 6 medium **apples**, cored and peeled
- 3 tbsp natural **peanut butter**
- 1 scoop **oatmeal cookie whey protein powder**
- 20g **raw oats**,
- 1 tbsp **granulated sugar**
- 2 tsp **cinnamon**

MACROS PER PORTION

CALORIES	331	PROTEIN	7
CARBS	33	FATS	19
FIBRE	2		

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4.

Meanwhile dice the apples and coat with lemon juice to stop them going brown.

Next make the crust: whisk together the flour, 1 scoop of whey protein, and salt in a large bowl. Cut in the shortening until crumbly. Gradually add the water, mixing just enough to form a ball of dough. Cover and chill in the fridge for at least 30 minutes or until easy to handle.

Then make the filling: Place the diced apples in a large bowl. Mix the peanut butter, 1 scoop of whey, oats, sugar, and cinnamon, then set aside.

Next on a lightly floured surface, roll the chilled dough out until it's approximately ½cm thick.

Cut out circles of dough and press into the cups of a greased muffin tin. Spoon the apple mixture into the wells and crimp the edges with a fork or your fingers.

Bake for 20-25 minutes or until apples are tender and the pastry is golden.

Serve warm.