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## Apple Tarts

When you're craving the warm, buttery flavors of a freshly baked apple pie, look no further than this healthy and high-protein apple tart recipe. Apples are a great source of vitamins and fiber, while a double dose of Signature Oatmeal Cookie whey keeps these tarts high in protein, ideal for building muscle or losing weight. Cinnamon and oats round out the warm flavors in this delicious and healthy apple pie alternative.

Serving size: 1 tart

Recipe yields 12 servings

Prep time: 25 min.    Cook time: 30 min.

### Ingredients

Crust:

2-1/2 cups all-purpose flour

1 Scoop Signature Oatmeal Cookie whey

1 tsp salt

1 cup shortening

1/2 cup cold water, as needed

Filling:

6 medium tart apples, peeled and cored

Lemon juice to taste

3 tbsp Earth Balance, melted

1 Scoop Signature Oatmeal Cookie whey

1/4 cup oats

1 tbsp sugar

2 tsp cinnamon

### Directions

1. Preheat oven to 350 degrees F. Dice the apples and toss with a squeeze of lemon juice to preserve their color.

2. To make the crust, whisk together flour, 1 scoop of Oatmeal Cookie Whey, and salt in a large bowl. Cut in shortening until crumbly. Gradually add water, mixing just until dough forms a ball. Cover and refrigerate at least 30 minutes or until easy to handle.
3. To make the filling, place the diced apples in a large bowl. Mix together Earth Balance, 1 scoop Oatmeal Cookie Whey, oats, sugar, and cinnamon. Toss to combine and set aside.
4. On a lightly floured surface, roll dough into a sheet approximately 1/4-inch thick. Cut out circles of dough and press into the wells of a greased muffin tin. Scoop apple mixture into the wells and crimp the edges with your fingers.
5. Bake 20-25 minutes or until apples are tender and pastry is golden brown. Serve warm.