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Fruit Tart with Protein Crust

Ingredients:

Crust:

Oat flour (or almond flour), 1 1/2 cup
Jamie Eason Lean Body for Her Whey Isolate or other vanilla protein powder, 120 g
Salt, 1/4 tsp
Coconut oil 3 tbsp., not melted
Whole egg, 1
Water, 1-2 tbsp.

Filling:

Non-fat plain Greek yogurt, liquid strained off, 16 oz.
Baking Stevia or sugar, 1/2 cup
Vanilla extract, 1/2 tsp.

Topping:

Strawberries, 5 medium
Kiwi, 1, skinned and sliced thin
Blueberries, 1/2 cup

Directions:

1. Preheat oven to 350° F.
2. Combine crust ingredients, and knead to form a dough. Add another water if dough is too crumbly too stick to itself.
3. Press dough in an 8 or 9-inch cake pan or tart pan and bake for 10-15 minutes.
4. Combine Greek yogurt, sweetener, and vanilla until smooth. I recommend splurging on a high-quality brand like Faye. If your Greek yogurt doesn't have a thick pudding-like texture, leave it in a fine sieve coated with cheesecloth or coffee filters for a couple hours to drain off excess liquid.
5. Spread yogurt mixture over cooked pie crust, and leave in fridge for 30-45 minutes until set.
6. Garnish with fruit and slice into 12 pieces.