

YOGURT AND BLUEBERRY TART

SERVES 8

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For the Graham Cracker Crust:

- 9 whole graham crackers, broken into pieces*
- 3 Tablespoons coconut sugar or cane sugar*
- 1/8 teaspoon sea salt*
- 5 Tablespoons unsalted butter, melted*
- 1 teaspoon pure vanilla extract*

For the Filling:

- 3 cups Greek-style full-fat yogurt, strained 4 hours or overnight**
 - 2 Tablespoons Grade A maple syrup, raw honey or cane sugar*
 - 1 vanilla bean, scraped (use the pod to flavor sugar or discard)*
 - 1 pint fresh blueberries for garnish or blueberry sauce (recipe on back)*
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1. To make the crust, preheat the oven to 350 degrees. Blend graham crackers, sugar and salt in a food processor until graham crackers are finely ground. Add butter and vanilla; process until moist crumbs form. Press crumb mixture onto bottom and sides of a 9-inch round tart pan, springform pan or pie plate. Bake crust until deep golden brown, about 12 minutes. Cool completely.
2. In a medium bowl, mix the strained yogurt with the maple syrup and the scraped beans from the vanilla bean. Spread the yogurt mixture in the crust and smooth the top. Serve immediately or store in the refrigerator for a few hours.
3. Garnish with fresh blueberries or pour blueberry sauce over the top. Store leftovers in the refrigerator, however crust will be soft the next day

*To strain yogurt: place a thin, clean tea towel/flour sack towel or a double layer of cheesecloth inside a colander. Place the yogurt in the tea towel and wrap up to cover the yogurt. Place the colander in a large bowl or on top of a plate to catch any drips and place in fridge overnight.

FRESH BLUEBERRY SAUCE

MAKES 1 ¼ CUPS SAUCE

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- 1 ½ - 2 teaspoons arrowroot powder (depending on how thick you want it)*

1 Tablespoon freshly squeezed lemon juice

1 pint blueberries

3 Tablespoons Grade A maple syrup

3 Tablespoons water

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1. In a small bowl, whisk the arrowroot in the lemon juice until dissolved. Set aside.
2. Place the blueberries, maple syrup and water in a small saucepan. Bring to a boil and simmer for 4 minutes.
3. Add the arrowroot and lemon juice mixture and stir to combine. Simmer for another 3-4 minutes until blueberries are very soft and sauce has thickened.
4. Serve warm over pancakes or ice cream or refrigerate up to 5 days for later use.