

SALTED BROWNED PEACH CRUNCH TART

Light with a hint of sweet southern comfort creating a healthy soulful dish

Yield: 8 servings (slices)

GATHER EQUIPMENT:

- 1 melon baller or small spoon
- 2 bowls
- 1 knife
- 1 cutting board
- Measuring cups, dry
- Measuring spoons
- 1 blender or food processor
- 1 silicone spatula
- 1 spatula
- 1 sheet pan
- 1 fork
- 1 sheet pan
- Parchment paper or aluminum foil



PREP IT!

Oat Crust

- 1½ cups Old fashioned oats, whole grain
- ¼ teaspoon Salt
- 2 tablespoons Canola oil
- 1 tablespoon Butter, salted, cold
- 3 tablespoons Ice cold water
- To grease Non-stick cooking spray

Peach Topping

- 2 medium Peaches, fresh, sliced thin (in season) *Can replace with another fruit that is in season. Using in season fruit will likely result in a riper, sweeter fruit so more sugar does not need to be added.*
- 1 tablespoon Brown sugar, dark
- 1 tablespoon Cornstarch
- ½ teaspoons Cinnamon
- ⅛ teaspoons Cardamom (optional)
- 1 teaspoon Vanilla extract
- 2 tablespoons Pecans, diced small
- ¼ teaspoon Coarse sea salt (optional)

MAKE IT!

For Oat Crust:

1. Preheat oven to 400°F.
2. In a blender or food processor, add oats and blend to a flour like consistency. Pour oat flour into a bowl and add ¼ teaspoon of salt. Stir to combine.
3. Using a fork or your hands, cut the cold butter into the oat flour until the mixture is crumbly like sand. Gently fold in the canola oil until mixture is like wet sand. Add the ice-cold water and stir until a dough forms.
4. Roll dough into a ball and press out onto a lightly greased, parchment paper or aluminum foil lined sheet pan. Crust should be ⅛-inch thick and 8½-inches around. Set aside in the refrigerator.

For Peach Topping:

1. Cut the peaches in half and remove the seed and any fibers with a melon baller or small spoon. Thinly slice the peaches. In a large bowl, toss sliced peaches with brown sugar, cornstarch, cinnamon, cardamom (if using), and vanilla extract. Arrange peach slices on the crust to within ¼-inch of the crust edges; sprinkle with chopped pecans.
2. Bake until the crust no longer appears wet, 20-25 minutes. Remove from oven and sprinkle with ¼ teaspoon of coarse sea salt (if using). Serve warm or at room temperature with your favorite low carb ice cream or frozen dessert.

Nutrition Facts

Serving size: 1 slice	
Servings: 8	
Amount per serving	
Calories	171
% Daily Value*	
Total Fat 11.7g	15%
Saturated Fat 1.7g	8%
Cholesterol 4mg	1%
Sodium 158mg	7%
Total Carbohydrate 15.1g	5%
Dietary Fiber 2.3g	8%
Total Sugars 5.3g	
Protein 2.4g	
Vitamin D 1mcg	5%
Calcium 11mg	1%
Iron 1mg	4%
Potassium 133mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe analyzed by **verywell**

GROCERY LIST

Produce

- 2 medium Peaches, fresh, in season *Can replace with another fruit that is in season.*

Dairy

- 1 stick Butter, salted

Spice/Oils/Baking

- 1 small container Salt
 1 small bottle Canola oil
 1 can Non-stick cooking spray
 1 bag Brown sugar, dark
 1 container Cornstarch
 1 small jar Cinnamon
 1 small jar Cardamom (optional)
 1 tube Vanilla extract
 1 small bag Pecans
 1 small container Coarse sea salt (optional)

Dry Goods

- 1 ¼ cups Old fashioned oats, whole grain



HEALTHY & FLAVORFUL TIDBITS

Here are some tips on achieving balanced flavorful dishes on a low carb or low sugar diet.

- Incorporate low glycemic index foods like whole grains and high fiber foods into your diet. The fiber will help to keep you fuller longer and won't raise your blood sugar as quickly as processed, white carb foods.
- When choosing fruit, try to stick with what is in season. Fruits that are in season will likely result in riper, sweeter fruit so more sugar does not need to be added to dessert recipes.
- Try to keep a steady balance of whole, colorful, and nutritious foods in your diet. This will ensure you are getting all the nutrients your body needs to succeed.
- Have a well-stocked seasoning cabinet so you can impart any desired flavor to any of your dishes.
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