

Yogo Tarts



Serves	3
Prep time	10 minutes
Cook time	25 minutes
Total time	35 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	Amines Challenge , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet – Very High Chemical
Meal type	Dessert , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Hot

Ingredients

- 1 sheet butter puff pastry
- 1/4 tub Yogo
- 2lb plain biscuits, crushed (Arnotts Teddy Bear, Marie, etc.)

Directions

1. Preheat oven to 180°C and grease some small tart pans.
2. Line the pans with pastry and fill with Yogo, then top with the biscuit crumbs.
3. Bake for 20 – 25 minutes.
4. Allow to cool slightly and serve warm.

Note

Low / Very High Amines, Low Salicylates, Low Glutamates

Variation: Use vanilla custard instead of the Yogo for a low chemical / FAILSAFE version.