

Christmas Mince Fruit Pies

Serving Size: 20

Time: 60 minutes



Ingredients	
Mince filling	Pastry
<ul style="list-style-type: none"> • 1 cup raisins, 140g • 2 medium Granny Smith apples, peeled, cored, and coarsely chopped • 1/4 cup mixed candied peel, 35g • 1/3 cup slivered almonds, 45g • 1 teaspoon of cinnamon powder • 1/2 teaspoon nutmeg powder • A pinch of salt 	<ul style="list-style-type: none"> • 170g flour • 100g cold unsalted butter, cut into small chunks • 1/2 teaspoon salt • 2 to 3 tablespoons of ice water, enough to make a cohesive dough • 2 teaspoons of olive oil, to grease the tray • 2 eggs • 3 tablespoon castor sugar, optional for topping

PREPARATION:

1. To make the mince filling: Place the raisins, chopped apple, mixed candied peel, cinnamon powder, nutmeg powder, and salt in the bowl.
2. Add the almonds into food processor and process briefly, just to break up the almonds.
3. Transfer the almonds to a bowl.
4. To make the crust: Combine the flour and salt in a bowl. Add the butter and egg yolk, mixing it in thoroughly.
5. Add the water slowly till a dough comes together
6. Form a ball with your hands, cover in cling film and place in the fridge to chill for at least 10 minutes.
7. Preheat the oven to 200°C.
8. Roll the pastry dough out to about half a centimetre in thickness and cut out 20 circles and 20 stars. You may need to gather the scraps and re roll the pastry to get enough cases.
9. Grease the tray with some oil and fill with the pastry circle.
10. Fill each mini pie with the mince filling. Top with the pastry stars.
11. Brush the tarts with egg wash.
12. Bake in the oven for approximately 15 minutes or until the pastry turns golden brown.
13. Cool for 5 minutes in the pan and dust the mince tarts with icing sugar.

Healthy Tips:

- ✓ Using sweet fruits such as apple can enhance the sweetness of your dessert and increase the overall fibre at the same time!

Nutrition Facts

Nutrient	Calories	Carbohydrate	Protein	Fat	Sugar	Fiber
Per Serving	130kcal	17.8g	2.3g	5.8g	9.4g	2g