



Jeweled Fruit Tart

Ingredients

- 1 1/2 cups crushed graham crackers
- 1 Tbsp unsweetened apple juice concentrate
- 1 Tbsp honey
- 1 egg white
- 1 tsp lemon juice
- 2 tsp sugar
- 1 tsp cornstarch
- 1 Tbsp orange juice
- 1 cup sliced bananas
- 1 cup sliced strawberries
- 1 cup blueberries

Directions

Preheat the oven to 350 degrees. Mix the first four ingredients together to make the tart crust and press into the bottom of a 9-inch pan. Bake for 8-10 minutes. Remove from the oven and let cool.

To prepare the glaze, combine the lemon juice, sugar, cornstarch, and orange juice in a saucepan and bring to a boil. Lower heat and let cook for 1 minute until thick. Remove from heat.

To assemble the tart, arrange fruit in a decorative pattern over the crust. Spread glaze on top of the fruit. Chill 1 hour. Slice and serve.

Servings: 6

Nutritional Analysis: 115 calories, 1g fat (0g saturated), 0mg cholesterol, 76mg sodium, 25g carbohydrate (2g dietary fiber, 15g sugars), 2 g protein

Source: "American Diabetes Association's More Diabetic Meals in 30 Minutes or Less" (Webb)