



# Breakfast Fruit Tarts



**Prep Time: 15 minutes**

**Makes: 7 large or 12 mini tarts**

## INGREDIENTS

- 1 cup rolled oats
- 1/2 cup creamy nut or seed butter
- 2 tablespoons honey
- 1/2 cup Rice Krispies-type cereal
- 5.3 ounces plain Greek yogurt
- 1/2 teaspoon vanilla extract
- 1/4 cup fruit of choice

## TIP

- Select the fruit for this recipe with something seasonal and save money too! Such as: raspberries, apple, blackberries, or plum.

## DIRECTIONS

- **BLEND** 1/2 cup of oats in a blender until it becomes flour and you have at least 1/4 cup. **MIX** the almond butter and honey together in a small bowl.
- **MEASURE** the Rice Krispies, 1/4 cup of oat flour and 1/2 cup of rolled oats in a medium sized bowl.
- **COMBINE** the almond butter mixture with the oat mixture and **MIX** until a dough like consistency is formed.
- **FORM** balls from the dough with your hands and **PRESS** them into a muffin tin, **PRESSING** into the center to create an indent in the tart shell.
- **REMOVE** the tart shells carefully and **SET** on a plate.
- **MEASURE** the vanilla extract and **MIX** it into the yogurt.
- **FILL** the tart shells with the yogurt mixture.
- **ADD** your fruit on top of the yogurt and **ENJOY!**