

Breakfast Fruit Tarts

Prep Time: 15 minutes Yield: 7 large or 12 mini tarts

Method:

1. **BLEND** 1/2 cup of oats in blender until it becomes flour and you have at least 1/4 cup.
2. **MEASURE** nut/seed butter and 2 tbsp of honey and **MIX** together in a small bowl.
3. **MEASURE** the puffed rice, 1/4 cup oat flour and 1/2 rolled oats in a medium size bowl.
4. **COMBINE** the nut/seed butter mixture with the oat mixture and **MIX** until a dough-like consistency is formed.
5. **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.
6. **REMOVE** the tart shells carefully and **SET** on a plate.
7. **MEASURE** the vanilla extract and 1 tablespoon of honey and **MIX** it into the yogurt.
8. **FILL** the tart shells with the yogurt mixture. **ADD** your fruit on top of the yogurt and **ENJOY!**

Variations:

- Add seasonal fresh fruits for additional flavor and textures!



Ingredients:

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

May contain tree nuts or nut product.

