



Pink Lady® Apple Tart with Caramelised Nut Ice Cream

A scrumptious dessert that will have your guests coming back for more!

Serves: 4



Ingredients:

- ♥ 1/3 cup (80ml) brown sugar
- ♥ 4 cups (1L) vanilla ice cream, softened
- ♥ 1 pack (250g) puff pastry, defrosted
- ♥ 3 Tbsp (45ml) butter, melted
- ♥ 2 tsp (10ml) ground cinnamon
- ♥ 3 X (100g each) packed mixed nuts
- ♥ Castor sugar for dusting
- ♥ 4-5 medium-sized Pink Lady apples
- ♥ 3Tbsp (45ml) honey or maple syrup

Method:

Preheat oven to 220°C.

Heat sugar in a non-stick pan with 1 Tbsp water until dissolved.

Quickly add nuts and pour onto a baking tray lined with baking paper.

Cool and roughly chop sugar mixture.

Fold through ice cream and place in freezer.

Dust a working surface with castor sugar and lay out pastry.

Cut four discs out of pastry using a circular cookie cutter and place in fridge.

Peel, core, halve and thinly slice apples.

Brush pastry with butter. Arrange apples on pastry discs, leaving a 2mm border. Brush apples with butter, drizzle with honey or maple syrup and dust with cinnamon.

Bake for 8-10 minutes or until golden brown.

Serve with a scoop of nutty vanilla ice cream.

Created by **FreshLiving**

Pink Lady®

Make healthy living a part of your active lifestyle with Pink Lady® - naturally!

