

Y o g u r t t a r t s

Ingredients

- 250 g of yogurt made with the Yogourmet freeze-dried yogurt starter;
- 50 g or less of Dulce de leche, honey or maple syrup;
- Pastry bases in sufficiency;
- Blueberries, raspberries or blackberries in sufficiency;
- Maple sugar shavings to the taste for the decoration.

Method

1. Drain the yogurt in a strainer doubled by absorbing paper approximately 4 to 6 hours or more;
2. Mix well the Dulce de leche, the honey or the maple syrup to the drained yogurt;
3. With a pastry bag equipped with a fluted tip, fill the pastry bases with the mixture obtained in the point 2;
4. Put a blueberry, a raspberry or a blackberry in the center of every tart;
5. Sprinkle with maple sugar shavings and serve very freshly on a custard and coulis of red berries background.

