



10-Minute Fruit Tart

Makes 6 servings

Good nutrition is important to dental health. These quick and nutritious recipes are just what your mouth is looking for.

Ingredients

- 1 box vanilla or lemon flavor instant pudding mix
- 1 orange, zested
- 1/2 cup seedless raspberry or blackberry preserves
- 1 prepared graham cracker crust
- 1/2 pint raspberries
- 1/2 pint blackberries or blueberries
- 6 large strawberries, sliced
- 2 tablespoons chopped fresh mint, optional



Instructions

Make pudding according to package directions and let stand five minutes. Stir orange zest into the pudding. Spread a thin layer of preserves across the bottom of graham cracker crust. Top with pudding. Arrange fruit on pudding, then sprinkle pie with mint, if desired.

Nutrition Facts

One serving: Calories 311; Total Fat 8 g; Saturated Fat 1.5 g; Protein 2 g; Sugar 44 g; Total Carbohydrates 59 g

Recipe Courtesy of Food Network Kitchens



BlueCross BlueShield of South Carolina and
BlueChoice® HealthPlan of South Carolina