

DESSERT

Raspberry and Blueberry Almond Tart

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
50 min	30 min	20 min	8	\$1.09	318 kcal



Raspberry and Blueberry Almond Tart is a lacto ovo vegetarian recipe with 8 servings. One portion of this dish contains about 5g of protein, 22g of fat, and a total of 318 calories. For \$1.09 per serving, this recipe covers 7% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ ¼ cup sliced almonds, toasted and coarsely crumbled
- ☐ 6 ounce basket fresh blueberries
- ☐ ¾ cup whipping cream or heavy cream
- ☐ 1 sheet frozen puff pastry (from a 17 1/4-ounce package), thawed
- ☐ 2 tablespoons amaretto liqueur
- ☐ 1 egg, beaten to blend
- ☐ ¼ cup powdered sugar
- ☐ 6 ounce basket fresh raspberries

EQUIPMENT Frying pan, Baking sheet, Oven, Blender, Hand mixer, Spatula

Method

- 1 Preheat the oven to 400 degrees F.
- 2 Cut a 3/4-inch wide strip off each side of the pastry and reserve.
- 3 Roll out the pastry sheet on a lightly floured work surface to a 10-inch square and transfer to a sheet pan or cookie sheet.
- 4 Brush the edges of the square with the egg. Working with 1 strip at a time, stand the strips along the edges of the pastry square and crimp where they meet. You want to create a shallow box, where the pastry square is the base and the 4 strips are the walls. Overlap the strips at the corners, stretching them, if necessary, to complete the walls of the box.
- 5 Brush the border with the egg. Pierce the center of the pastry all over with fork.
- 6 Bake until the pastry is golden brown, about 20 minutes.
- 7 Transfer to a rack and cool completely.
- 8 Using an electric mixer, beat the cream to soft peaks. With the mixer still running, gradually add the sugar and continue to beat to stiff peaks.
- 9 Add the liqueur and beat until just well blended; be careful not to overmix or the whipped cream will turn into a buttery consistency and start to separate. Using a large spatula, fold in the nuts. Spoon the cream mixture into the prepared pastry crust. Arrange the berries over the cream. Sift the cocoa powder over and serve.
- 10 Note: You can use any fruit that's in season (orange segments, berries, plums, bananas, grapes). Blueberries make a good substitute for the raspberries, and sliced peaches or nectarines are delicious as well.

Nutrition per serving

318

KCAL

5 g

PROTEIN

22 g

FAT

26 g

CARBS

Saturated Fat

8.4 g · 52% of daily needs

Fibre

2.7 g · 11% of daily needs

Sugar

9 g · 10% of daily needs

Sodium

90.9 mg · 4% of daily needs

Cholesterol

45.7 mg · 15% of daily needs

Vitamin C

7.8 mg · 9% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/raspberry-and-blueberry-almond-tart-148434