



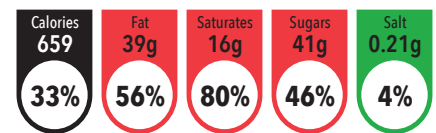
SPICED CHRISTMAS BAKEWELL TART

 **Prep:** 20 minutes plus chilling

 **Cook:** 40-45 minutes

 **Serves:** 8

Each serving contains



of your guideline daily amount

INGREDIENTS:

- 175g plain flour
- ¼ tsp **LoSalt**
- 75g unsalted butter, diced

Filling:

- 250g dried mixed fruit
- 5 tbsp brandy
- 1½ tsp ground cinnamon
- 150g unsalted butter
- 150g caster sugar

- 150g ground almonds
- ¼ tsp **LoSalt**
- 2 medium eggs, beaten
- ½ tsp almond essence
- 50g flaked almonds

METHOD:

1. Preheat oven to 200°C, gas mark 6.
2. Place the flour and **LoSalt** in a large bowl and rub in the butter until it resembles breadcrumbs. Add 2-3 tbsp cold water and mix to give a smooth dough. Wrap in clingfilm and chill for 30 minutes.
3. Meanwhile, place the mixed fruit, brandy and cinnamon in a small saucepan and simmer on a low heat for 4-5 minutes and allow to cool.
4. On a floured surface, roll out the pastry and line a 23cm flan case, prick the base with a fork. Place a scrunched up piece of baking parchment or foil in the base and add baking beans. Bake for 10 minutes. Remove the beans and paper and cook for a further 5 minutes.
5. While the pastry is cooking, melt the butter in a saucepan. Off the heat stir in the sugar and add the ground almonds, **LoSalt**, eggs and almond essence.
6. Spread the dried fruit mixture in the base of the pastry case and pour over the almond mixture, sprinkle over the flaked almonds and bake for 25-30 minutes until golden.

If you take some types of medication that affect potassium levels, **LoSalt** and other reduced sodium salt alternatives may not be suitable for you. Check with your GP for advice