

Fruit Tartare



Discover our fruit tartare, a refreshing and light creation perfect for a quick 15-minute, no-cook preparation. This delight promises to tantalize your taste buds with its sweet and spicy combination.

Preparation 15 min

Cooking 0 min

Servings 4

Nutrition Facts (per serving)

Calories 135

Fat 5

Carbohydrates 18

Fibre 4

Protein 5

Sodium 85

Ingredients

- 2 kiwis
- 1 apple
- 1 pear
- 250 ml (1 cup) of strawberries
- 15 mL (1 tbsp) of honey

- 125 mL (½ cup) of spreadable goat cheese

Preparation

1. Cut the fruits into ½ cm cubes.
2. In a medium bowl, mix the fruits, honey, and cardamom; let rest.
3. Place each tartare mold on their serving plate, then put 30 mL of goat cheese at the bottom of each mold.
4. Add ¼ of the fruit mixture and press down lightly.
5. Refrigerate for 1 hour before serving.

Notes

Keeps for 3 days in the refrigerator, do not freeze.



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