

## RECIPE

### INDIAN-SPICED APPLE TARTS

Developed by Natalia Stasenko

#### Pastry

- 2 cups whole-wheat flour, plus extra for dusting
- ¼ teaspoons salt
- ⅔ cup cold vegan “butter,” cubed
- 3 tablespoons cold water

#### Filling

- 1 pound Granny Smith apples, peeled and chopped into ½-inch cubes
- 2 tablespoons sugar
- ½ teaspoon each of ground cinnamon, ground cardamom and ground ginger, combined (1 teaspoon of the mix is for the filling, ½ teaspoon is for the icing)
- 2 tablespoons water

#### Icing

- 1 cup powdered sugar
- ½ teaspoon spice mix
- ½ tablespoon vegan “butter,” melted
- 1 tablespoon soy milk

Preheat oven to 350°F and line a baking sheet with parchment paper. Prepare the filling by placing chopped apples, sugar, 1 teaspoon spice mix and water in a pan.

Cook on medium heat, stirring until the sugar is caramelized and apples are easy to break with a wooden spoon. Let cool slightly.

Prepare the crust. Sift the flour and salt into a bowl. Cut in the vegan butter using a fork or pastry cutter until the mixture resembles breadcrumbs. Add the cold water and knead the dough until a ball forms. (Add more water if the dough does not stick together.) Dust the working surface with flour.

Flatten the dough ball into a disk, cover it with wax paper or plastic film and roll out into a square approximately ⅞-inch thick. Cut the dough into twelve 3 x 3-inch squares.

Place 1 tablespoon of filling each on half of the squares, leaving space to seal the edges. Brush the edges with water and place the remaining squares on the top of the filling. Press edges gently with your fingers and seal carefully with a fork; do not break the pastry. Bake for 25 minutes, or until slightly brown. Let cool on a cooling rack.

Combine the powdered sugar, ½ teaspoon spice mix, melted vegan butter and soy milk to make icing. Ice tarts once they are cooled. Serves 6.

*Natalia Stasenko, MS, RD, CDN, is the founder of Tribeca Nutrition in New York. She is a Stone Soup blogger and author of [tribecanutrition.com](http://tribecanutrition.com)*



## RECIPE

### VEGAN JELLO WITH LONGAN, JACKFRUIT AND COCONUT MILK

Developed by Tram Le

- 2 cups coconut water
- ⅔ cup agar agar flakes\*
- 5 tablespoons sugar, divided
- 2 tablespoons pomegranate seeds
- 1 20-ounce can longan (or lychee), packed in syrup, drained
- 1 20-ounce can jackfruit, packed in syrup, drained and sliced into ½-inch pieces
- 1 14-ounce can light coconut milk

Combine and refrigerate longan and sliced jackfruit. Add coconut water to a small saucepan over medium-high heat, whisking in the agar agar flakes and 3

tablespoons sugar. Bring to a boil, whisking every 30 seconds to dissolve the flakes. After 5 minutes, pour into an 8 x 8-inch square baking pan. Sprinkle pomegranate seeds evenly into the jello mixture. Refrigerate for 1 hour.

Combine the coconut milk with 2 tablespoons sugar in a small saucepan over medium heat. Heat until simmering, then cool and refrigerate. To make the fruit salad, cut the vegan jello into 1-inch squares, gently combine with the longan and jackfruit, and pour 2 to 3 tablespoons of coconut milk over each 1-cup serving. Serves 6.

*\*To make agar agar flakes, take 1 agar agar sheet, crumble, and process through a spice grinder (or food processor) until you have coarsely ground flakes.*

*Tram Le, MS, RD, is based in Annapolis, Md. She is a Stone Soup blogger and author of [nutritiontokitchen.com](http://nutritiontokitchen.com).*

