

Blueberry Pop Tarts

BREAKFAST

Ingredients

Pop Tarts

- 2, 1/2 cups all-purpose flour
- 1/2 tbsp sugar
- 1 pinch salt
- 8 oz Truly Grass Fed Unsalted Butter, cubed
- 7 tbsp ice water

Icing

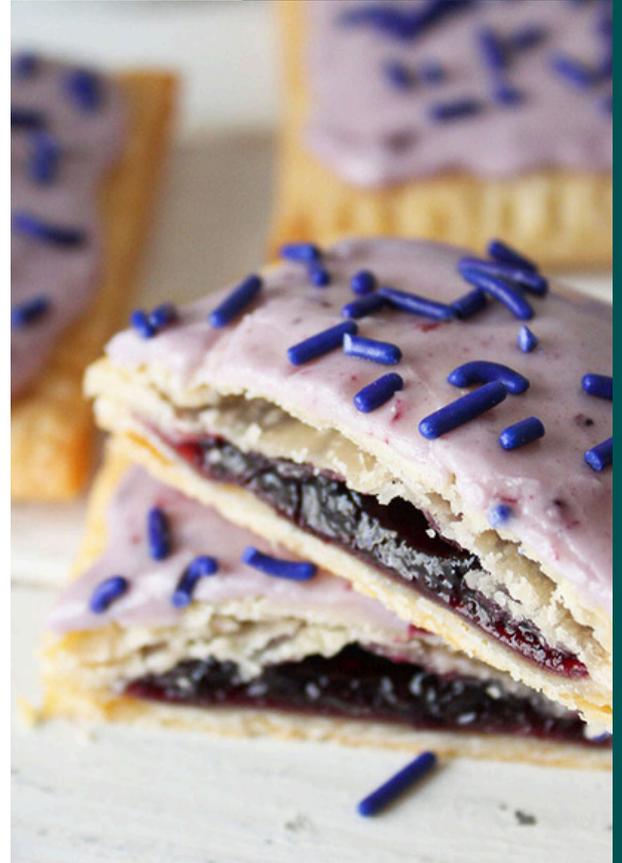
- 1 cup powdered sugar
- 1 tbsp heavy cream
- 1 tbsp blueberry jam
- Sprinkles

Filling

- 1 egg, whisked
- 1/2 cup blueberry jam
- 1 tbsp cornstarch

Instructions

1. Make crust by adding flour, sugar, and salt to a food processor and pulsing for a few seconds.
2. Add butter and pulse again until mixture becomes a dry, powdery crumb.
3. Add 7 tbsp water and pulse again until dough forms. You should be able to press the dough together with your fingers and have it stick. Add more water if needed to achieve desired consistency. Flatten dough into a disk and wrap it in plastic wrap, then refrigerate for an hour.
4. Preheat oven to 400° F.
5. Begin making the filling by mixing together jam and cornstarch in a small bowl. Whisk egg in another small bowl and set aside.
6. Line a baking sheet with parchment paper. Roll out chilled crust on a floured surface.
7. Cut dough into 6 equal size rectangles.
8. Add 1-2 tbsp of jam mixture to 3 of the rectangles leaving 1/2" border around the edge.
9. Lightly brush each edge with egg, then place the other rectangles on top of the jam and press edges with a fork to seal.
10. Transfer sealed tarts to baking sheet and bake for 10-12 minutes, or until they become golden. Remove from oven and let cool completely before frosting.
11. Make icing by mixing powdered sugar, jam, and heavy cream in a bowl. Ice tarts as desired and add sprinkles on top.



Naturally Irish. Truly Delicious.