

Cherry filo pastry tarts

Prep: 15 mins • Cook: 20 mins • Serves: 6

A perfect pudding suitable for everyone.

Ingredients

250g frozen pitted cherries	1 box ready to use filo pastry
75g granulated sugar	- (approx. 250g)
1 teaspoon vanilla essence	1 tablespoon oil
1 tablespoon arrowroot powder	60g butter
1 tablespoon water	1 tablespoon icing sugar

Carbohydrate The main source of carbohydrates in this dish are the cherries, sugars and filo pastry. The carbohydrate value has been provided for those who have been trained in insulin adjustment.

Phosphate/ potassium This dish contains a small amount of phosphate which mainly comes from the filo pastry. If you have been prescribed a phosphate binder ensure you take them with this dish.

This recipe contains cherries which are high in potassium but when used in the amount specified in the recipe it remains a low potassium dish.

Protein This dish is low in protein and makes a suitable pudding for a special occasion if you have been advised to follow a low protein diet.

Special diets

Gluten free: It is difficult to find gluten free filo pastry and therefore you may wish to use gluten free puff pastry instead.

Vegan: Many shop-bought filo pastry is dairy free. Use a dairy-free spread instead of butter.

Healthier option If you want to reduce the amount of sugar or fat you eat, reduce the quantity of sugar used in the cherry filling, or replace with sweetener. Consider using a low-fat spread instead of the butter.

Cheaper option Vanilla extract could be used instead of the vanilla pods.

Storage Once cooled, store in an airtight container in the fridge and consume within two days.



Special occasion

Vegetarian

✓	Low phosphate	✓	Low protein
✓	Low potassium	✓	Low salt
45g	Carbohydrate	268Kcal	Energy

Nutrition values are calculated per serving • Kidney diet guidelines vary for each individual • Consult your dietitian or doctor for the specific diet that is right for you.





Cooking in the kitchen with Chef Paul Ripley

Using frozen cherries and readymade pastry means these tarts can be made for special occasions all year round.



1

Add frozen cherries, sugar and vanilla essence to a saucepan. Cook on medium heat for 5 minutes, stirring frequently. Gently break apart cherries with a spatula. Mix together the arrowroot powder and water to form a paste.



2

Add the mixture to the cooked cherries, stirring as you pour it in. Bring to the boil and remove from heat. Allow to cool. Preheat oven to 190°C /gas mark 5 and grease a muffin tin.



3

Take three pastry sheets and cut each into four squares. Melt the butter and brush the pastry on each side and line six holes with two squares in each. Add one tablespoon of cherry filling to each. Fold the filo pastry edges over the top of the cherry filling to loosely close.



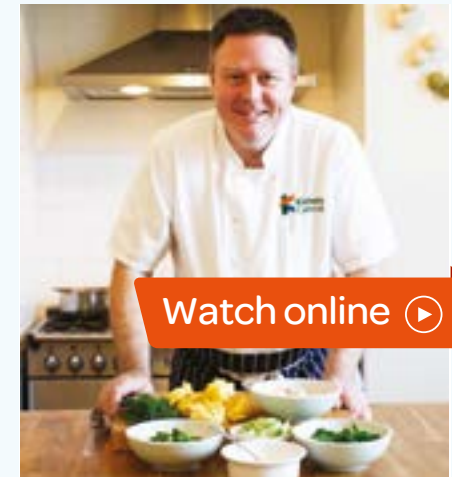
4

Brush each tart with additional butter. Bake in the oven for 10 - 15 minutes, until the pastry looks light golden brown all over. Remove from heat and transfer to cooling rack. Beware the cherry filling is very hot. Once cooled, dust with powdered sugar. Serve warm or at room temperature.



The Kidney Kitchen was created by Kidney Care UK to support patients and their families live well with kidney disease. Recipes have been developed by our professional chefs and modified to fit more closely with the various needs of people living with chronic kidney disease, which have been approved by the British Dietetic Association (BDA) Renal Nutrition Specialist Group.

www.kidneykitchen.org



Visit the website for more recipes, videos and dietary information.

If you have made this dish, we would love to see it. Share your photos online and don't forget to tag us #KidneyKitchen

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