

Pretzel-Crusted Lime Mousse Tart with Blackberry Sauce

*All-Time Favorites - 2013 Cookbook
Better Homes and Gardens Magazine*

Servings: 10

TART

2 cups pretzels, finely crushed (one cup output)
2 tablespoons packed brown sugar
1/4 cup butter, melted
1 can (14 ounce) sweetened condensed milk
1 tablespoon lime peel, finely shredded
2/3 cup lime juice
1/4 cup granulated sugar
2 drops green food coloring (optional)
1 1/2 cups whipping cream
fresh blackberries (for garnish)
BLACKBERRY SAUCE
3 1/2 cups fresh or frozen blackberries
1/4 cup granulated sugar
1/4 cup lime juice
1 1/2 teaspoons cornstarch

Preparation Time: 30 minutes

Chill: 6 hours

Preheat oven to 375 degrees.

In a medium bowl, combine the crushed pretzels and brown sugar. Add the butter. Toss to combine. Press the pretzel mixture evenly into the bottom and up the sides of a 9-inch fluted tart pan with a removable bottom. Bake for 8 to 10 minutes or until firm. Cool on a wire rack.

In another medium bowl, combine the sweetened condensed milk, lime peel, lime juice and the granulated sugar. If desired, stir in the food coloring. Cover and chill about 30 minutes or until slightly thickened.

In a clean medium bowl, beat the whipping cream with an electric mixer on medium until soft peaks form (tips curl). Fold the whipped cream into the lime mixture. Carefully spoon the mixture into the prepared crust. Chill for at least six hours or up to twenty-four hours or until firm.

Prepare the blackberry sauce: In a medium saucepan, combine the blackberries, granulated sugar, lime juice and cornstarch. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 2 minutes more. Press through a fine-mesh sieve into a small bowl. Discard the solids. Cover and chill until serving time or up to three days.

Serve with the Blackberry Sauce and garnish with the blackberries.

Per Serving (excluding unknown items): 499 Calories; 22g Fat (39.0% calories from fat); 8g Protein; 70g Carbohydrate; 2g Dietary Fiber; 72mg Cholesterol; 912mg Sodium. Exchanges: 2 1/2 Grain(Starch); 0 Fruit; 0 Non-Fat Milk; 4 1/2 Fat; 2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	499	Vitamin B6 (mg):	trace
% Calories from Fat:	39.0%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	55.0%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	5.9%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	22g	Folacin (mcg):	15mcg
Saturated Fat (g):	13g	Niacin (mg):	3mg
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	72mg	% Refused:	0.0%
Carbohydrate (g):	70g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	2 1/2
Protein (g):	8g	Lean Meat:	0
Sodium (mg):	912mg	Vegetable:	0
Potassium (mg):	246mg	Fruit:	0
Calcium (mg):	133mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	4 1/2
Zinc (mg):	1mg	Other Carbohydrates:	2
Vitamin C (mg):	8mg		
Vitamin A (i.u.):	801IU		
Vitamin A (r.e.):	224RE		

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 499 **Calories from Fat:** 195

% Daily Values*

Total Fat 22g	34%
Saturated Fat 13g	65%
Cholesterol 72mg	24%
Sodium 912mg	38%
Total Carbohydrates 70g	23%
Dietary Fiber 2g	7%
Protein 8g	
Vitamin A	16%
Vitamin C	14%
Calcium	13%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.