

South African Melktert (Milk Tart)

Yield: 4 min
Total Time: 155 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-melktert-milk-tart-recipes>

Ingredients:

- 1 1/2 cups all-purpose flour
- 1/3 cup powdered sugar
- 1/4 teaspoon salt
- 9 tablespoons cold butter unsalted, cut into small pieces
- 1 large egg
- 1 tablespoon water
- 2 1/4 cups milk
- 2 tablespoons butter
- 2 tablespoons flour
- 2 tablespoons cornstarch
- 1/2 cup sugar
- 2 eggs
- 1/2 tablespoon vanilla extract
- 1 cinnamon stick
- cinnamon for garnish, optional

Nutrition:

1. Calories: 770 calories
2. Carbohydrate: 88 grams
3. Cholesterol: 255 milligrams
4. Fat: 39 grams
5. Fiber: 3 grams
6. Protein: 17 grams
7. SaturatedFat: 23 grams
8. Sodium: 530 milligrams
9. Sugar: 44 grams

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