



# **Eggless Mango Cream Cheese Tart**



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## Introduction

If you're looking for a delicious and visually appealing dessert that is also eggless, then this mango cream cheese tart is the perfect choice. This recipe combines the richness of cream cheese with the tropical flavor of fresh mangoes, creating a delightful treat for any occasion. It is not only easy to prepare but also offers a refreshing taste that will impress your family and friends.

## Detailed Ingredients with measures

For the crust:

- 1 cup digestive biscuits, crushed
- 4 tablespoons unsalted butter, melted
- 2 tablespoons sugar

For the cream cheese filling:

- 200 grams cream cheese, softened
- 1/2 cup powdered sugar
- 1/2 teaspoon vanilla extract
- 1 cup heavy whipping cream, chilled

For the mango topping:

- 2 ripe mangoes, peeled and chopped
- 2 tablespoons sugar (adjust based on mango sweetness)
- 1 tablespoon lemon juice

## Prep Time

The preparation time for this mango cream cheese tart is approximately 30 minutes, allowing you to create this delectable dessert without spending all day in the kitchen.

## Cook Time, Total Time, Yield

The cook time for this recipe is minimal, as it primarily involves assembling the tart. The total time, including chilling, is around 4 hours. This recipe yields one 9-inch tart, serving about 8-10 people, making it perfect for gatherings and celebrations.



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# Detailed Directions and Instructions

## Prepare the Tart Base

Begin by mixing all-purpose flour, powdered sugar, and melted butter in a large bowl. Combine the ingredients until they form a crumbly texture. Then, add cold water, a tablespoon at a time, until the dough comes together. Shape the dough into a disc, wrap it in plastic wrap, and refrigerate for 30 minutes.

See also [Air Fryer Chocolate Chip Cookies](#)

## Roll Out the Dough

Once chilled, remove the dough from the refrigerator. On a lightly floured surface, roll out the dough to approximately  $\frac{1}{4}$  inch thickness. Carefully transfer the rolled dough into a tart pan, pressing it into the corners and trimming any excess dough from the edges.

## Bake the Tart Shell

Preheat the oven to 180°C (350°F). Prick the base of the tart shell with a fork to prevent it from puffing up during baking. Line it with parchment paper and fill it with baking weights or dried beans. Bake for 15-20 minutes or until the edges are golden brown. Remove from the oven and let it cool completely.

## Prepare the Mango Cream Cheese Filling

In a mixing bowl, beat cream cheese until smooth. Gradually add in powdered sugar and mix until well combined. Fold in pureed mango until the mixture is smooth and homogenous. Adjust the sweetness if necessary.

### Assemble the Tart

Once the tart shell has cooled, spread the mango cream cheese filling evenly over the base. Use a spatula to smooth the top.

### Chill the Tart

Cover the assembled tart with plastic wrap and refrigerate for at least an hour to allow the filling to set properly.

### Garnish and Serve

Once set, remove the tart from the refrigerator. Garnish with fresh mango slices, whipped cream, or a sprinkle of grated coconut if desired. Slice and serve chilled.

## Notes

### Tart Base Variations

You can substitute all-purpose flour with whole wheat flour or almond flour for a different flavor profile.

### Mango Puree

Use ripe mangoes for making puree to ensure a natural sweetness. You can blend the mangoes until smooth.

See also [Pumpkin Chocolate Chip Pancakes Recipe](#)

### Chilling Time

Allowing the tart to chill longer than one hour can improve the texture and flavor of the filling.

## Storage

Store any leftover tart in the refrigerator for up to 2-3 days, covered to maintain freshness.



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# Cook techniques

## Preparing the Crust

To prepare the crust for the tart, you'll need to combine the crushed biscuits with melted butter. Ensure the mixture is well-blended, then press it firmly into the tart pan to create an even base.

## Making the Cream Cheese Filling

For the filling, beat the cream cheese until smooth. Gradually add sugar and mango puree, mixing until well combined. This will give the filling a rich, creamy texture infused with mango flavor.

## Chilling the Tart

Once the filling is poured into the prepared crust, it's essential to refrigerate the tart for several hours. This allows the filling to set properly, making it easier to slice and serve.

## Garnishing the Tart

For an enhanced presentation, consider adding fresh mango slices or a sprinkle of toasted coconut on top of the tart. This not only adds color but also elevates the overall flavor.

# FAQ

## Can I use other fruits instead of mango?

Yes, you can substitute mango with other fruits like berries, peaches, or even citrus fruits to create a different flavor profile.

**How long does the tart last in the fridge?**

The tart can be stored in the refrigerator for up to 3 days. Make sure to cover it to maintain freshness.

**Can I use a different type of crust?**

Absolutely! You can experiment with different crusts, such as a graham cracker crust or a shortbread crust, based on your preference.

See also Lace Cookies

**Is this recipe suitable for vegans?**

The recipe contains cream cheese, but you can use vegan cream cheese alternatives to make it vegan-friendly.

**Can I make the tart ahead of time?**

Yes, you can prepare the tart a day in advance. Just ensure it is properly refrigerated until you're ready to serve.



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## Conclusion

The Eggless Mango Cream Cheese Tart is a delightful dessert that perfectly balances the rich cream cheese flavor with the refreshing sweetness of mangoes. Its creamy texture and crisp crust make it an indulgent treat for any occasion. Whether served at a party or enjoyed as a simple dessert at home, this tart is sure to impress your family and friends. With its vibrant color and delicious taste, it's a wonderful way to celebrate the tropical flavors of mango.

## More recipes suggestions and combination

### **Mixed Fruit Tart**

Combine various seasonal fruits like berries, kiwis, and peaches with a rich custard filling for a colorful mixed fruit tart.

### **Chocolate Ganache Tart**

For chocolate lovers, a tart filled with luscious chocolate ganache topped with sea salt can be a showstopper dessert.

### **Lemon Cheesecake Bars**

Make tangy lemon cheesecake bars with a buttery graham cracker crust for a zesty treat that complements the Atlantic freshness of mango.

### **Coconut Cream Pie**

Try a coconut cream pie enriched with creamy coconut filling and topped with whipped cream for a tropical twist.

### Berry Tart with Cream Cheese Filling

Create a berry tart using a cream cheese filling and an assortment of fresh berries like strawberries, raspberries, and blueberries for a classic yet refreshing dessert.

### Pineapple Upside-Down Cake

Bake a moist pineapple upside-down cake for a fragrant and fruity alternative that brings a tropical flair to your dessert table.



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