

Portuguese Milk Tarts (Queijadas de Leite)

★★★★★ 4.84 from 37 votes

Portuguese Milk Tarts, Queijadas de Leite, are traditional Portuguese dessert made with pantry staple ingredients. These are the perfect last minute dessert to bake up before a get together. These are creamy and custardy in the middle and crispy on the outside. A must try... but be warned, they are highly addictive!



PREP TIME:

10 minutes

COOK TIME:

30 minutes

TOTAL TIME:

40 minutes

SERVINGS:

18 tarts

CALORIES:

147

Course: Dessert

EQUIPMENT

- Muffin Tin

INGREDIENTS

- 2 cups sugar
- 2 cups milk, warm, microwave 30 seconds
- 3 tbsp butter, melted
- 3 eggs, room temperature
- 2/3 cups flour, all purpose

INSTRUCTIONS

1. Preheat oven to 350°F. Generously grease muffin tins with nonstick cooking spray (recipe will fill 18 cups of a muffin tin).
2. In a large bowl beat the eggs, sugar and melted butter with a fork or whisk until smooth.
3. Add in the flour and mix until smooth.
4. Add in the warm milk and mix until smooth. The batter will be very thin and runny.
5. Pour into the greased muffin tins filling each cup 3/4 of the way full.
6. Bake 20 - 30 minutes, or until golden brown, on the middle rack of oven.
7. Note: while baking the tarts will puff up and while cooling they will sink.
8. Remove from oven. Sprinkle cinnamon on top of each tart (optional).
9. Allow tarts to cool in pan for 5-10 minutes and then carefully remove from pan. Use a knife or cake spatula to loosen the edges of the tart from the pan to remove.

NOTES

Note/Tip: Milk **must** be warm and eggs **must** be at room temperature. If they are cold the melted butter will harden while making the batter and the batter will be lumpy and not bake properly.

NUTRITION

Calories: 147kcal | Carbohydrates: 27g | Protein: 2g | Fat: 4g | Saturated Fat: 2g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 1g | Trans Fat: 1g | Cholesterol: 35mg | Sodium: 39mg | Potassium: 52mg | Fiber: 1g | Sugar: 24g | Vitamin A: 142IU | Calcium: 36mg | Iron: 1mg