

Flaky Homemade Blueberry Pop Tarts: A Sweet Treat for Breakfast

Homemade Blueberry Pop Tarts: Flaky, Fruity, and Pure Morning Bliss



OVEN
375°F

TIME
25 min

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INGREDIENTS

- 2 cups all-purpose flour
- 1 teaspoon sugar
- 1 cup cold, cubed unsalted butter
- 4-5 tablespoons cold water
- 1/2 cup high-quality blueberry preserves

DIRECTIONS

- 1. Prep & Preheat:** Preheat your oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2. Combine Dry Ingredients:** In a large bowl, whisk together flour and sugar.
- 3. Cut in the Butter:** Add cold butter cubes and, using a pastry cutter or your fingers, combine until the mixture resembles coarse crumbs with pea-sized bits of butter.
- 4. Add Water:** Slowly add cold water-one tablespoon at a time-until the dough starts to form but isn't sticky. Press into a disc, wrap in plastic, and chill briefly if it becomes too soft.
- 5. Roll & Cut:** On a floured surface, roll dough to about 1/8-inch thickness. Cut into equal rectangles-size of your choice.
- 6. Fill & Seal:** Lay half the rectangles on your baking sheet. Spoon about 1 tablespoon blueberry preserves onto each. Top with another rectangle, brush edges with water, and seal with a fork.
- 7. Bake:** Bake for 20-25 minutes or until edges are golden.
- 8. Cool & Serve:** Let cool slightly before eating-they're best warm!

SWAPS & NOTES

and Substitutions Butter : Keep it cold-this ensures maximum flakiness.

Blueberry preserves : Choose one with whole or halved berries

for texture.

Water : Add just enough to bring the dough together without making it sticky.

Variations : Swap in raspberry preserves or lemon curd for a

flavor twist.

TIPS FOR SUCCESS

Keep everything cold -warm butter ruins puffiness.

Use just enough filling to prevent leakage.

Dock your dough lightly with a fork to release steam.

Chill the dough if it softens too much before baking.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/flaky-homemade-blueberry-pop-tarts-a-sweet-treat-for-breakfast/>