

Raw Fruit Tarts

These exquisite tarts are decadent, refreshing and delightful.

Ingredients

Crust

2 cups raw Almonds, sprouted recommended
½ cup raw Pistachios, shelled
¼ teaspoon Sea Salt
14-16 Medjool Dates, pitted

Filling

2 cups raw Cashews
1 13.5 oz can full-fat Coconut Milk, cream only, discard liquid
½ cup Raw Honey
1 tablespoon + 2 teaspoons Vanilla Extract
2 ½ teaspoons Almond Extract
4 teaspoons fresh Lemon Juice

Toppings

Blueberries
Raspberries
Blackberries
Sliced Strawberries
Sliced Kiwis

Special Equipment

6 4-inch tart pans, non-stick with removable bases recommended
Food Processor
Powerful Blender

Preparation

Place almonds, pistachios and ¼ teaspoon salt in a food processor and pulse until finely ground. Gradually add the dates while machine is running. The mixture should easily stick together. Evenly press into the bottom and sides of the tart pans. Place all of the tart pans on a baking tray and refrigerate until firm, about 30 minutes. (Refrigerate until filling is ready)

Place all of the ingredients for the filling in a powerful blender and blend until very smooth, using a tamper if needed. Evenly distribute filling into the chilled crusts (do not over fill) and place back into the refrigerator uncovered. Chill until filling is set, 24-72 hours for best consistency.

Remove tarts from tart pans, keeping bases attached to hold the tart together. Top with desired fruit and serve chilled.

Serves 6-12