

Chocolate Mini Tarts

RAW • GLUTEN-FREE • VEGAN



Tested and Approved by 86lemons.com

<http://86lemons.com/chocolate-mini-tarts>

Original Recipe Source:

The Naked Kitchen

<http://www.thenakedkitchen.com/raw-strawberry-chocolate-mini-tarts/>

Comments and recipe were taken directly from the original recipe source, and have been slightly altered.

YIELDS:

1 large tart, 4 mini tarts or 16 bite-sized tarts

NOTES:

Use **tart pans with removable bottoms** to make the last step much easier.

Leftover tarts can be stored for up to 24 hours in the refrigerator (any longer and the crust will start to get soggy). If you know you won't be eating all of the leftovers in time, then keep the parts separate and assemble the tarts when ready to serve and eat.

Avoid tasting the filling during preparation. It will still have an avocado taste. While the tarts are setting up in the refrigerator (for at least 30 minutes), this taste will magically disappear.

CRUST INGREDIENTS:

1½ cups raw walnuts
½ cup raw almonds
½ cup Medjool dates, pitted (about 6 dates)
1 cup raw unsweetened shredded coconut

OPTIONAL TOPPING:

fresh raspberries or strawberries

FILLING INGREDIENTS:

2 small avocados
1 large ripe banana
½ cup cocoa powder
3-4 Tbsp coconut nectar or raw agave nectar or raw honey (if you're "bee-gan, a vegan who eats honey")
½ tsp sea salt
½ cup non dairy milk (for a truly raw dessert use Homemade Almond Milk - see original recipe source)

STEP 1:

Using a food processor or high-powered blender, combine all of the crust ingredients. Process until a fine crumb forms.

STEP 2:

Divide the crust mixture evenly between 4 mini tart pans (or 16 bite sized tart pans or 1 large tart pan). Using your fingers, gently press the mixture into the pans to form the crust. Be sure to press the filling into the sides to make a solid crust.

Note from 86L: To help the crust "solidify" and stick together better, I prefer to place the pans on a baking sheet, then place it in the refrigerator for an hour or freezer for 30 minutes.

STEP 3:

Using a high-powered blender, combine all of the filling ingredients. Process until you have a smooth, pudding-like consistency. Divide the mixture evenly between the tart crusts.

(OPTIONAL) STEP 4:

Top each tart with a raspberry (top down, placed in the middle of the tart), or for a fancier version...

(see mini tarts photo from original source)

Cut the tops off of several strawberries (about 1 lb). Reserve four whole strawberries, set aside. Cut remaining strawberries in half lengthwise, then in half again. Place a layer of sliced strawberries around the outer edge of each tart (bottom tips facing out). Add a second layer, just inside the second, so that it overlaps the first layer. Using reserved strawberries, place one whole strawberry (top down) in the middle of each tart to complete the flower design.

STEP 5:

Place the completed tarts in refrigerator for at least 30 minutes. Allowing them to set will magically disguise the taste of the avocado. Once they are fully set, gently remove from tart pans and serve.