



VEGAN VANILLA & CHERRY CREAM CHOCOLATE TARTS

INGREDIENTS

Crust Ingredients:

- 2 cup (280 g) – raw almonds
- 4 oz (113 g) – dark chocolate 70% (vegan & soy free)
- 1 tbsp (15 ml) – raw organic coconut oil
- ¼ tsp (1.25 g) – himalayan or celtic salt

Filling Ingredients:

- 2 cups (280 g) – raw org cashews (soaked) *see Tip# 1
- 1 cup (225g) – fresh pitted cherries
- ½ cup (120 ml) – org coconut cream
- ½ cup (120 ml) – pure maple syrup
- 1 tbsp (15 ml) – org vanilla extract (alcohol free preferable)
- ½ tbsp (10.5 g) – agar-agar powder (vegetable gelatin)
- 1 tsp (5 ml) – lemon juice
- ¼ tsp (1.25 g) – himalayan or celtic salt

**SOAKING TIME: 4 HOURS MIN.
(OR OVERNIGHT)**

PREP TIME: 30 MIN.

**REFRIGERATE TOTAL TIME:
6 HOURS (OVERNIGHT
RECOMMENDED)**

SERVES: 4 (TARTS)

**RAW VEGAN
GLUTEN-FREE
REFINED SUGAR-FREE**

DIRECTIONS (1)

Tip#1: Soak the cashew nuts overnight with double the amount of filtered or purified water – 2: 4 ratio. Refrigerate if soaking overnight.

Soak for a minimum of 4 hours on top of the counter.

Drain the soaking water and rinse well before adding the nuts to the composition.

Crust and Filling Prep:

Step 1

Add the raw almond to a food processor and pulse until the almonds turn into a fine flour.

Add the resulted almond flour to a medium bowl.

Step 2

Melt the chocolate, coconut oil, and salt together using the double boiler method.

Double boiler method explained:

- Add water to medium size saucepan – fill half way – bring to boil then gently simmer at 95° F (35°C).

- Add small size saucepan, or small glass bowl, on top of the medium size pan.

Stir gently and occasionally. The chocolate mixture, along with the other ingredients, will melt on its own. The result is a smooth, shiny, creamy texture.

Step 3

Pour the melted chocolate on the fine almond flour, and mix together with a spatula until the chocolate is incorporated fully by the flour.

Step 4

Prepare 4 inches tart forms with removable bottom (preferred).

Take the combined chocolate and almond flour mixture and spread equally throughout all four forms.

Press down the mixture with a spoon and slightly upwards the walls of the tart forms.

Refrigerate the tarts.

(While refrigerating the crust start prepping the cream filling)



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DIRECTIONS (2)

Step 5

Add the following ingredients to a high speed food blender:

- soaked raw cashews (soaked)
- fresh pitted cherries
- coconut cream
- pure maple syrup
- vanilla extract
- agar-agar powder (vegetable gelatin)
- lemon juice
- salt

Mix the ingredients well for up to 4 min., and pause the food processor if needed, cleaning the sides, making sure the mixture is smooth. *The extra 2 minutes added of mixing is for the agar-agar to dissolve and release its gelling abilities, keeping the filling raw.* The cherry filling should mix easily due to the wet ingredients.

Step 6

Remove the tart shells from the refrigerator and pour the cherry filling mixture into each of the tart shells, and fill up to the top. Set the extra cream aside (and refrigerate).

Step 7

Refrigerate for up to a minimum of 6 hours (overnight recommended) before trying to remove the tarts from the shells. The cream should firm up and be easy to remove.

Note: After the cooling time, the top cream part will look a bit dry. With a thin spatula add some of the extra cherry cream filling. This will give the tart a fresh creamy look.

Top up with fresh cut pitted cherry halves, chocolate shreds, and edible flours for a pretty look (if preferred).

Enjoy cold!