

CHOCOLATE TART

Ingredients for base

200g mixed nuts unsalted

170 g soaked dates in 1/4 cup water

2 tlbs desiccated coconut

Ingredients for filling

3 or 4 ripe avocados

3/4 cup raw cacao powder

Juice from dates

2 tlbs honey

1/2 cup coconut oil

In a food processor blitz nuts & set aside, drain dates keeping juice for filling, finely chop dates & add to food processor with nuts, coconut & blitz altogether .

Spread evenly over base & up sides of a well oiled flan dish.

Place in fridge while making filling.

Scoop out avocados & place in food processor with rest of ingredients, blitz until smooth & adjust sweetness to your taste.

Spread filling over base, you can sprinkle coconut flakes over the top. place in fridge over night to set.

You can blend some frozen berries with honey to serve on the side.

ENJOY CHEF TRACEYxxxx
