

CHOCOLATE AVOCADO TART



This week's recipe of the week has been shared by store manager Caroline, a delicious Chocolate Avocado Tart. Smooth and rich, this tart is delicious served cold or frozen with a dollop of cream or coconut yoghurt.

Ingredients

Base

1 1/4 cup *blanched almond meal*
1/4 cup *desiccated coconut*
4 tbsp melted *coconut oil*

Filling

1 heaped cup *avocado* (240g)
1/3 cup *almond milk*
1/3 cup *cocoa*
1/3 cup *maple syrup*
3 tbsp melted *coconut oil*
1 tsp *vanilla essence*

Method

Heat oven to 180 degrees Celcius
Combine all base ingredients into a bowl and mix well
Press the mixture firmly into a pie dish/flan tin
Bake for 15 mins or until the edges are slightly golden
Allow to cool (can put into fridge)
For the filling, put all of the remaining ingredients into a food processor and process until smooth
Put the filling into the cooled base and refrigerate
Allow to chill for 2-3 hours
Cut and serve

Note: Best kept in the fridge for 3-4 days and can be kept in the freezer as a delicious frozen dessert.