



CHOCOLATE AVOCADO TART

This week's Recipe of the Week has been shared by 'The Food at My Table' author [Alyssia Fraser](#) – Velvety and decadent Chocolate Avocado Tart. The avocado brings a vegan-friendly silky texture to the filling and which is complemented by the thin and crispy base, making a truly delicious and easy to make dessert.

Ingredients:

Base

200g *almond meal*
50 g *white rice flour*
1/4 cup *cocoa powder*
50 mL *rice bran oil*
1 *egg*, whisked
1/3 cup *rice syrup*

Filling

2 *avocados*, flesh only (about 1 cup)
1/2 cup *cocoa powder*
1/2 cup *rice syrup*

Variations

Add 1/2 tsp *tangelo zest* to filling
Line tart base with *dark chocolate* before adding the filling.

Method:

Base

Combine the almond meal, white rice flour and cocoa powder.
Add rice bran oil, egg and rice syrup.
Mix thoroughly and form into a wet ball.
Roll out and line a tart tin (fills a medium tart tin).
Use extra white rice flour if the mixture is too wet to handle.
Bake at 180 degrees Celcius for about 15-20 minutes (until cooked). You can blind bake or prick holes in the base before cooking.
Put aside to cool.

Filling

Combine all ingredients in a food processor or blender.

They must be blended thoroughly. Taste after blending and add more cocoa and/or sweetener if the avocado flavour is still evident.

Transfer into the base and spread evenly.

Either cool in the fridge or freeze. I like to eat this tart best semi-frozen so I remove the tart from the freezer in advance to partially thaw it.

Dairy-free | Gluten-Free | Refined Sugar-Free