

VEGAN BERRY TART

RECIPE BY GOODFUL



QUICK

Takes 15 mins
plus waiting
time

HEALTHY

Raspberries and blueberries are low in calories, fat free and contain insoluble fibre, which provides a feeling of fullness.

FAMILY

Makes
10-12
slices

MEALS

This tart is high in fat and natural sugars but the almonds provide heart-healthy monounsaturated fats and the dates contain high levels of fibre and vitamins. So enjoy it in moderation, knowing that it is much better for your body than a high sugar and saturated fat dessert

INGREDIENTS

TART BASE

- 220g almonds
- 10 medjool dates (200g)
- ½ tsp salt

CASHEW CREAM

- 200g cashews
- 1 tbs coconut oil
- 50 ml maple syrup
- 120 ml coconut milk
- 2 tsp lemon juice
- 2 tsp vanilla essence

FRUIT TOPPING

- 150g Blueberries
- 150g Raspberries
- 150g Blackberries

METHOD

- 1) Soak cashews in water for 6 hours or overnight
- 2) Put all of the tart base ingredients into a food processor and blitz
- 3) Press into a tart base and freeze overnight or until your cashew cream is ready
- 4) Drain liquid from the soaked cashews
- 5) Put the cashew cream ingredients into a food processor and blitz till as smooth as it can go
- 6) Pour into the tart base
- 7) Decorate with berries
- 8) Refrigerate for 1 hour
- 9) Serve



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