

Raw Apricot Chocolate Tart

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

Crust

- 12 soft medjool dates
- 2 cups walnuts
- 1/4 cup unsweetened shredded coconut
- 1/3 cup raw cacao powder
- Optional: 3 tbsp mini chocolate chips
(gluten-free, dairy-free, soy-free. I used the "Enjoy Life" brand)

Creamy Filling

- 10 apricots, pitted
- 2 cups cashews (no salt, unroasted)
Soaked for a few hours or overnight and discard the water.
- 1/4 cup coconut oil
- 1 tsp vanilla

Topping

- 4-6 finely sliced apricots
- 2 tbsp unsweetened shredded coconut

Instructions:

1. Grease a 9" spring form pan or a square pan.
2. Crust: Place all the ingredients (excluding the chocolate chips) for your crust into a food processor or high powered blender. Blend until it forms a smoother texture, but still a bit crumbly. Press the crust into your pan and refrigerate or freeze until the creamy filling is ready. If you decide to use chocolate chips sprinkle them on top of the crust.
3. Creamy Filling: Place the soaked cashews, coconut oil, vanilla and apricots in a food processor or blender and blend until smooth. Remove the crust from the fridge and spread the cream on top. When I made this in a square pan the second time I had about 1/3 cup too much cream. So I saved it as topping for a fruit salad.
4. Next, place the sliced apricots on top as per the photo and refrigerate for a few hours. If it's well chilled it will slice really nicely.

Notes:

Joyous Tip: Give your creamy filling a taste test before you remove it from the food processor. Is it sweet enough? If your apricots are ripe it will be perfect. If not, you could add a touch (1-2 tbsp) of real maple syrup or local unpasteurized honey and blend into your food processor until smooth.