

Creamy Lemon Macadamia Nut Tart

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

TOPPING

- 3 large eggs
- 1 tbsp lemon zest
- ¼ cup honey
- ½ cup freshly squeezed lemon juice
- 1 tsp vanilla
- 4 tbsp of coconut oil
- 1 tbsp coconut butter

BOTTOM

- 1 cup macadamia nuts
- 1/4 cup almonds
- 10-12 medjool dates, pitted
- 1 tbsp maple syrup
- 1 tbsp coconut oil

GARNISH

- Schlop coconut yogurt
- Chopped macadamia nuts
- Coconut flakes

Instructions:

1. To make the bottom crust, place all ingredients into a food processor and blitz until crumbly.
2. Using 4 individual tart pans, evenly divide the bottom crust between them. Press the crust down firmly. Refrigerate or place in the freezer until it sets, about hour in the freezer or a couple of hours in the fridge.
3. Meanwhile, make the lemon curd topping. In a large pot on the stove on low heat, whisk together the eggs, lemon zest and honey. Add the lemon juice, coconut oil, vanilla extract and coconut butter and continue to whisk on medium heat until everything is melted and the mixture starts to thicken. This process may take 10-15 minutes.
4. DO NOT STOP WHISKING :) Whisk continuously until it thickens.
5. Once the bottom crust is set, pour the lemon curd mixture into each cup. Put back in the fridge or freezer and wait until it's set to enjoy. It will take about an hour in the freezer and a couple of hours in the fridge.
6. Keep refrigerated for up to 5 days. Serve chilled.

Notes:

Makes 4 tarts.