

inspired recipe

Tartisan Pie: Avocado & Chocolate Tart (suitable for vegans)

by The Vegan Chefettes

This wholesome tart can be a great snack on the go or a perfect compliment to any dinner party. Rich in essential fats and iron, it's a guilt-free luxury for any occasion. Avocado is nature's best kept secret when you want to create such a uniquely creamy texture without using any dairy produce. A beautiful and bittersweet combination: the avocado with the richness of pure dark cocoa, topped on a crunchy oat, date and coconut base, gives way to a truly irresistible dessert.

Base ingredients:
250g Oats
200g Dates
200g Desiccated coconut

Filling ingredients:
3 ripe Avocados
300g Dates
200g Dark Cocoa Powder



Make the base:

Blend the dates with half a cup of boiling water in a food processor into a thick paste. Add the paste, coconut and oats to a large mixing bowl, knead it all together into a dough. Line a baking dish (with an approximate diameter of 20cm) with greaseproof paper and fill with the mixture. Bake in a pre-heated oven at 180 degrees for around 15-20 minutes, or until golden brown. Take it out and allow it to cool to room temperature.

Make the filling:

Blend the dates with half a cup of boiling water in a food processor until it's a smooth paste. Add the avocados to the date mixture and keep blending it until its really smooth and creamy. Finally add the cocoa powder to the food processor. Allow it all to blend into an even, thick and creamy texture.

Add it to the base and decorate with whatever takes your fancy. Raspberries, strawberries or pumpkin seeds all work perfectly.

...mmm, beautiful!



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