



Chocolate Tart
(this tart has a secret – its vegan)
Serves 6-8

Ingredients

Tart base:

- 1 ¾ cups Gaby's earth foods seeds & berries
- 4 dates, pitted
- 2 tbsp coconut oil
- 2 tbsp coconut sugar
- 1 cup ground almonds

Tart filling:

- 3 avos (depending on the avo size)
- ¼ tsp cinnamon
- 1 vanilla pod, split & seeds removed
- 4 tbsps coconut sugar
- ½ cup coconut cream
- ½ cup cocoa powder
- ½ tsp salt
- Gaby's earth foods seeds & berries and raw nuts, for topping

Method

Place 1 cup Gaby's earth foods seeds & berries in a food processor and blitz until the seeds and berries are a little smaller in size. Add the rest of the ingredients for the tart base and blitz until the mixture starts to come together. Press the mixture into a greased tart dish and set in the fridge while you make the topping.

To make the filling, place the avos in the food processor and blitz until smooth, then add the remaining ingredients until combined and chocolatey.

Spoon the chocolate filling into the tart base and set in the fridge for 30mins.

Top with a mixture of raw nuts, seeds & berries and fruit and enjoy.