

Raw Christmas cashew tart

Enjoy this recipe to bring on
the holidays in good health.



Ingredients

Base

1½ cups whole almonds

½ cup unsweetened shredded coconut

A pinch fine sea salt

2 tbsp. maple syrup or preferred sweetener

Filling

- 1¾ cups raw cashews, soaked in cool water for 4-12 hours (or covered in boiling water and soaked 1-2 hours)
- 2 tbsp. finely ground chia seed
- Zest from 3 oranges
- ¾ cup orange juice
- Pinch fine sea salt
- ½ cup + 2 tbsp. maple syrup or preferred sweetener
- ¼ cup water, cool
- 1½ cups mixed dried fruit including peel and glacé cherries
- ¾ cup coconut oil, melted and cooled

Topping

- 2 small cans coconut cream (around 160ml), chilled in the fridge for at least 2 hours
- 2 tbsp. maple syrup or preferred sweetener
- 1 tsp vanilla extract
- Orange zest
- Grated dark chocolate
- Cherries

How to make

Place the almonds, coconut and sea salt into your blender or food processor and blitz into a fine flour.

Add the maple syrup one tablespoon at a time, pulsing as you add each one. Then add the coconut oil in the same manner. Continue pulsing the mixture until it comes together. You can test to see if it's sticky enough by pressing it between your fingers - if it sticks together and holds it's ready.

Press the base into a 20cm tart tin, pressing down firmly along the bottom and the sides. Place the base in the fridge while you prepare the filling.

Clean out your blender or food processor bowl and dry it out. Drain and rinse the cashews and then add them to the bowl along with the ground chia seeds, orange zest, orange juice, salt and sweetener.

Blitz the mixture starting on slow speed and increasing it as the nuts break down, then keep on a high speed for 1-2 minutes to make the mixture smooth and creamy. Then, add the water in increments while it's still mixing to get the nice and silky.

When it's done, fold through the dried fruit and coconut oil until everything is thoroughly combined.

Then pour the filling into the base and smooth it out so it's even. Return the tart to the fridge to set for at least 4 hours up to overnight

To make the coconut cream topping, gently open your coconut cream cans without tilting or shaking them.

Scoop out top firm layer of coconut cream into a bowl (you don't want the liquid part as it will thin out the cream), add the maple syrup and vanilla then whisk the topping mixture together until it forms soft peaks. You can choose to do this in a stand mixer if you would prefer.

Spread the topping over the tart, sprinkle with orange zest, grated dark chocolate and cherries then place the tart in the fridge for another 30 minutes or so to let the topping harden up

To serve, remove the tart from its tin and transfer it to a cake stand or serving plate. Use a sharp knife to cut through the tart and serve it immediately with extra cherries on the side.

Return the tart to the fridge to keep it cool while it's not being eaten.

This tart will last up to one week stored in an airtight container in the fridge.

Alternatively, you can freeze the tart without the topping on it and make the coconut cream when you're ready to enjoy it.