



Superfood Berry Chocolate Tarts

Active Time: 30 minutes | Total Time: 4 hours | Serves: 32

Nutrition Information Per Serving

214 calories, 10.45 g carbohydrate, 4.25 g fiber, 3.95 g NET carbs, 2.6 g protein, 20.1 g fat

Ingredients

- 13 1/2 Tbsp(s) Let's Do Organic Creamed Coconut
- 65 drop(s) SweetLeaf SteviaClear Liquid Stevia
- 2 Tbsp(s) Navitas Naturals Organic Palm Sugar
- 1/2 tsp(s) Real Salt
- 6 Tbsp(s) Wholesome Sweeteners Organic Zero
- 19 Tbsp(s) Aroy D Coconut Milk
- 4 Tbsp(s) Navitas Naturals Organic Raw Cacao Butter
- 1 cup Cascadian Farm Organic Harvest Berries
- 10 Tbsp(s) organic cocoa powder
- 7 tsp(s) organic vanilla extract
- 3 Tbsp(s) lemon juice
- 9 Tbsp(s) coconut oil, melted
- 3 cup(s) blanched almond flour
- 1 tsp non-aluminum baking powder
- 1 cup frozen organic raspberries, unsweetened

Preparation

1. Grease eight 4.75 inch tart pans. Preheat oven to 350 F.
2. In a food processor, add the ingredients for the crust and pulse until the dough comes together.
3. Divide dough among tart pans and press into the bottom of each tart pan, ensuring the dough gets into the fluted sides of the pan.
4. Transfer to oven and bake for 10 minutes. Set aside to cool.
5. Meanwhile, prepare the filling. Add all of the filling ingredients to a food processor or high-powered blender (preferred) and process until very smooth.
6. Use a ladle to scoop out the filling and spread onto each tart – covering the top of the tart, but leaving $\frac{1}{4}$ inch for the crust.
7. Transfer to the refrigerator to chill for 4 hours.
8. Meanwhile, make the sauce. Add the sauce ingredients to a small saucepan and heat over medium-low heat for 10 minutes. Remove from heat and let cool.
9. Spread cooled sauce onto tarts, and garnish with a berry or mint leaf, if desired.

This free recipe cannot be redistributed without prior permission from MealGenius.com. If you have obtained this recipe from any source other than MealGenius.com please contact us.