

## Coconut Tart & Bonus Chia Seed Pudding Recipe (1.9.25)

### Gluten Free

#### INGREDIENTS

##### CRUST

- 1 1/2 cups almond flour
- 1/2 cup shredded coconut
- 1 tablespoon chia seeds
- 2 tablespoons coconut sugar
- 1/4 teaspoon salt
- 1 egg at room temperature
- 2 tablespoons coconut oil melted

##### FILLING

- 3 cups canned full-fat coconut cream\*
- 1/3 -1/2 cup agave or maple syrup
- 1/3 cup fresh lemon juice, the juice of one lemon
- 1 teaspoon vanilla extract
- 2 cups mixed fresh berries
- 8-10 fresh figs, thinly sliced (optional)

#### TOOLS

- Food Processor or Blender
- Small Bowl, Large mixing bowl
- Large pot
- Whisk and a small fork to poke holes in the dough
- Knife to cut the fruit
- Measuring spoons
- Measuring cups
- Pie pan or dish
- Cutting board
- Nonstick Cooking Spray
- Parchment paper
- Tin foil
- Airtight container to keep leftovers

#### DIRECTIONS

##### CRUST

- Preheat oven to 350 °F
- Grease the pie pan or dish with some melted coconut oil. You can also line the bottom of the tin with unbleached parchment paper.
- Add almond flour, shredded coconut, chia seeds, coconut sugar and salt to your food processor or blender, pulse briefly until combined.
- In a small bowl, lightly whisk the melted coconut oil with the eggs, set aside.
- Make sure the top of the food processor or blender has the top secure but the opening in the middle or at the front, open.
- Pour the egg mixture into the running food processor or blender and mix until it starts to form a dough.
- Remove the dough –if you can take the blade out, carefully remove it and if not, be really careful to get the dough out without touching the blade.
- Once removed, place the dough in your pan, and press it so it is spread evenly around with your clean hands.
- Once evenly around the bottom and a little up on the sides, use a fork to poke a lot of holes into the dough before you bake it for 10-12 minutes.
- Wash your hands.
- Once the corners start to turn golden brown take it out and let cool before filling it.

##### FILLING

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1. **NOTE:** Only use the hard, solid white part of the coconut that is stuck together at the top of the can. Pour the remaining coconut water into a tupperware or jar and you can use that to make chia pudding. See that recipe below.
1. Combine the coconut cream\* and honey in a large pot, bigger than you think you'll need.
2. Stir it until it is as smooth as it can be in the pot.
3. Set over high heat and bring to a boil.
4. Once boiling, boil 10 minutes and then remove from the heat and whisk in the lemon juice, vanilla, and a pinch of salt.
5. Carefully pour the coconut cream and honey mixture onto the crust.
6. Cover tightly with the tin foil and chill 2 hours or until set.
7. Wash the figs and berries.
8. Carefully slice the figs in half, spread them on a cutting board and let them dry completely.
9. Once the tart is chilled, carefully place the washed fruit around in any design you like.
10. **NOTE:** Keep these bars well chilled. They will soften and be hard to pick up if left out too long.

**\*Coconut Cream:** this is the cream that sits at the top of the canned coconut. You do not want to use any coconut water, just the cream.

### **\*CHIA SEED PUDDING:**

Use the remaining coconut water to make Chia seed pudding!

### INGREDIENTS

- 1 ½ cup coconut water –or what is remaining from the cans of coconut milk
- 4 tablespoons chia seeds
- 1 teaspoon maple syrup
- ½ teaspoon cinnamon
- Optional: nuts, peanut butter, berries, granola, shredded coconut

### DIRECTIONS

- Mix the ingredients together in a jar or airtight container.
- Combine the coconut water, chia seeds, maple syrup, and cinnamon.
- Cover and shake to combine.
- Chill for a few hours, then give it a good stir to loosen any clumps.
- Continue chilling for 8 hours or overnight for the pudding to set.
- Add any of the above toppings, or anything else that you like to your chia pudding!
- Save any leftovers in the airtight container, in the fridge for 2-4 days.