
Healthy Chocolate Nutella Tart & Book Review

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

Tart Base

- 1 3/4 cups (200g) spelt flour
- 2/3 cup (100g) coconut sugar
- 1/4 teaspoon salt
- 80g coconut oil, chilled
- 1/2 teaspoon vanilla extract
- 1/4 cup cold water

Filling & Topping

- 110g dark chocolate, chopped
- 1 cup (150g) roasted hazelnuts*
- 3/4 cup (125g) coconut sugar
- 120ml Aquafaba at room temperature
- 2 teaspoons vanilla extract
- 1/2 teaspoon salt
- 1/4 cup chopped hazelnuts

Instructions:

To make the base

1. Pre-heat the oven to 375F or 190C and line a 9inch springform pan or loose-bottom tart pan with

parchment paper. Brush the sides with a little bit of coconut oil. Place on a baking sheet and set aside.

2. Place the flour, sugar, and salt and pulse to combine and break down the sugar.
3. Add the chilled coconut oil in teaspoon amounts or in chunks and pulse until it breaks down to pea size pieces or smaller. Add the vanilla and then slowly add the cold water and pulse a few times. Stop and check to see if the mixture sticks together when you press it with your fingers. If yes then it's ready to use. Otherwise add a little more water and pulse again just until the mixture holds together.
4. Transfer the mixture to the prepared pan, and press down with your fingers and up the sides about 2cm (1 inch). Bake for 10-15 until. It won't brown much since it's already brown, but will no longer seem wet.
5. Let cool while you make the filling. Keep the oven on.

To the make the filling

1. Melt the chocolate in a double boiler or a microwave. Set aside.
2. In the food processor, process and hazelnuts and sugar for about 2 minutes until it starts to look like wet sand and sticks to the side of the bowl. Scrape the bowl and add the Aquafaba, vanilla and salt. Process until smooth. Add the melted chocolate and process until it's all mixed together nicely.
3. Pour the chocolate mixture evenly over the tart base. Then sprinkle the chopped hazelnuts around the edge.
4. Bake until the edges just begin to crack, 20-25 minutes.
5. Let cool so you can remove it from the pan, and then serve warm or at room temperature.

Notes:

To roast the hazelnuts, spread them on baking sheet and place in a pre-heated 375F oven for about 10mins until deep golden brown. Wrap the nuts in a clean kitchen towel and rub well to remove the skins.