Aquafaba Explained & Raspberry Coconut Macaroon Tart

| Cook Time: 0 min Ingredients: | prep Time: 0 min | total Time: 0 min | servings: 0 |
|---|-----------------------|-------------------|-------------|
| Tart Base | | | |
| • 200g oat flour | | | |
| 1 teaspoon cardam | nom powder (optional) | | |
| • 100g coconut suga | ır | | |
| • 1/4 teaspoon salt | | | |
| • 80g coconut oil, ch | illed | | |
| • 1/4 cup cold water | | | |
| Filling & Topping | | | |
| • 120ml aquafaba, cl | hilled | | |
| • 3/4 teaspoon crear | n of tartar | | |
| • 1/3 cup (80g) cane sugar (I used Layla Sugar from Natureland) | | | |
| • 2 teaspoons rose v | vater | | |
| • 11/3cups (100g) desiccated coconut | | | |
| • 1 cup (100g) fresh | raspberries | | |
| • 1/2 cup all-fruit raspberry jam (or chia jam) | | | |
| • 1/4 cup chopped pi | istachios | | |
| 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 oat flour, cardamom, sugar, and salt and pulse to combine and break down the sugar.
- 3. Add the chilled coconut oil in chunks and pulse until it breaks down to pea size pieces or smaller. 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 sready 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 to brown much since it 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. Place the aquafaba in a medium bowl with the cream of tartar, and beat with a hand-held or stand mixer for a few minutes until frothy. Slowly add the sugar 1 tablespoon at a time, mixing for a minute on high speed between each addition. Continue beating until the aquafaba has formed a glossy meringue with stiff peaks\(\text{\text{l}}\) don\(\text{\text{l}}\) toverheat aquafaba.
- 2. Now fold in the rose water followed by the coconut until incorporated. Finally add two thirds of the raspberries reserving the rest for the top.
- 3. Bake for about 30mins until the edges turn golden brown. Let cool then add the raspberries and chopped pistachios. Slice and enjoy!