
No-Bake Chocolate Tart

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

Tart Base:

- 1 1/2 cups roasted hazelnuts
- 3/4 cup soft dates
- 2 tbsp cocoa powder
- 1 tbsp maple syrup
- pinch of salt

Chocolate Pudding:

- 3/4 cup raw cashews
- 1/4 cup + 2 tbsp coconut oil
- 1/2 cup full-fat coconut milk
- 3 tbsp honey
- 3-4 tbsp cocoa powder
- 2 teaspoons vanilla extract

Garnish:

- Cocoa nibs, chopped hazelnuts, coconut flakes

Instructions:

Make the Crust:

1. Place the hazelnuts in a food processor and process until roughly ground. Add dates, cocoa powder, maple syrup, and salt and process until a sticky dough starts to form.
2. Transfer the dough to an 8inch loose bottom tart pan, or divide into 5 small tart pans (or a muffin pan) and press the dough into the base and up the sides of the pan.
3. Place in the fridge while you make the pudding.

Make the Pudding:

1. Soak cashews in filtered water for 3 hours or overnight.
2. Drain cashews and rinse before placing in the blender with the coconut oil. Blend for 30secs. Add 1/2 cup of the coconut milk, honey, 3 tablespoons cocoa powder and vanilla and blend until smooth. If the mix is thicker than you like, add more coconut milk. Also if you like it more chocolatey add another tablespoon of cocoa powder. If you prefer it sweeter, add more honey.

Assemble the Tart:

1. Pour the pudding into the tart shell. Sprinkle on your choice of garnish if using.
2. Place in the fridge to set for 3-4 hours at least.