

Fruit Tartlets with Vanilla Cashew Cream



Try this fun and easy recipe for family, friends, and entertaining.

A mostly raw recipe that's delicious, nutritious, and an easy way to load up with enzymes and good fats that boost brain, digestion and immunity.

What you'll need:

- 1/2 cup cashews
- 1/2 cup almonds
- 1/2 cup dates, prunes, red flame raisins
- 1/2 tsp Real Salt
- 2 Tbsp hemp seeds
- 2 Tbsp flax seeds

Cashew cream filling:

- 1 cup cashews
- 1/4 cup nut milk
- 3 Tbsp dark amber maple syrup
- 1/4 tsp each – Real Salt, cinnamon, ginger powder
- Seeds from 2 vanilla pods
- 2 Tbsp coconut oil

To Make The Crust:

Pulse nuts in food processor until they are crumb-sized. Add other ingredients and pulse until the mixture starts sticking together. You might need to add more prunes, dates or raisins. Press the mixture into the bottom of a tart tin, or see small tartlet tins. Put in Fridge to harden.

To Make the Cashew Cream Filling:

Blend the cashews into cashew butter in a food processor and then add all the other ingredients and blend until smooth. Spoon this evenly into your tart or tartlet tins and put back into fridge while you cut up fruit. Decorate with slices of strawberries, kiwis, raspberries, peaches, or choose your favorite!