

ALMOND FRUIT TART (GF, DF, V)

Serves 8

For the crust:

1.5 C old fashioned oats
1/2 C sliced almonds
1/2 C chopped walnuts
1/3 C melted coconut oil
2 TBS coconut sugar
1 tsp vanilla extract

Preheat the oven to 375. Blend all crust ingredients in a food processor until crumbly.

Grease a 10-12" tart pan with coconut oil and then pour the crust mix into the tart pan, pressing firmly and evenly to form a crust with a slight lip around the edges.

Bake the crust for 20-25 minutes or until golden brown, then let cool and set in the fridge (about an hour at least or overnight)

Toppings:

12 oz Greek yogurt or non-dairy yogurt of your choice (unsweetened vanilla is my go/to)
Sliced fruit of your choice: I used strawberries, kiwi, blueberries and raspberries, but you could also add sliced banana, mango or grapes as well.

Zest of 1 naval orange
Zest of 1 small lemon
1/2 naval orange

To put together, start by mixing the yogurt with the lemon and orange zest, then spoon a thin layer of yogurt over the crust.

Arrange your sliced berries and fruit in a fun pattern, then squeeze 1/2 a naval orange lightly over the tart and serve immediately.

