

## Valentine's Day Chocolate Tart

**Hands On Time: 20 minutes**

**Total Time: 35 minutes, plus cooling and setting times**

Is there anything more romantic than chocolate? Not in my world.

Even better, these luscious chocolate tarts are sugar free and grain free.

Crispy chocolate shell delicately encloses a centre of decadent chocolate ganache.



Each of my individual tarts serves two, so take a fork each and share.

Enjoy!

### INGREDIENTS:

Pastry:

4 oz butter, softened  
1 ¼ cups Sukrin Sesame Flour  
1 egg  
¾ cups of cacao powder  
¼ cup of Sukrin Gold  
½ teaspoon of sea salt

Filling:

7 oz dark chocolate  
1 ½ cups of heavy cream  
1 teaspoon of vanilla extract

### METHOD:

Chop the dark chocolate into small pieces and place in a heatproof bowl.

Heat the cream and vanilla extract in a pan on the stove, stirring regularly, until the cream is hot and bubbles are just starting to appear around the edges.

Remove from heat and pour over the chocolate.

Let this sit for five minutes without touching it and then stir until the chocolate and cream are fully blended together, without lumps.

Sit aside to cool down while you make the tart shells.

Pre-heat oven to 350° F

Cream butter and sweetener until light and fluffy.

Add the egg and combine well.

Add the dry ingredients and mix slowly until a dough forms.

Grease your tart pans, I used four 4.5 inch pans, but you could use a single large pan too.

Divide the dough into four and press it into the tart pans.

I like to use a 1/47 cup inside around the edges to get a defined corner to the base.

The dough will seem crumbly but be patient and press it in well. This tart shell will come out light and crunchy.

Prick the base with a fork and then bake, uncovered, for 15 minutes.

Remove from oven and allow to cool.

Once cool, place approx. ½ cup of chocolate ganache filling into each shell and refrigerate until firm.

Garnish with your decoration of choice, I used a drizzle of melted Sukrin milk chocolate with fresh raspberries and crushed pistachios.

**Store, in an airtight container, in the fridge for up to one week.**

**Crust will start to soften.**

## NUTRITIONAL INFORMATION:



### Nutritional data (per serving)

Total Carbs	16.5 grams
<b>Net Carbs</b>	<b>9.3 grams</b>
Protein	12.2 grams
Fat	46.3 grams
Calories	502 kcal

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### Ingredients (makes 8 servings)

4 ½ oz of butter, grass-fed	127.6 grams	<input type="checkbox"/>
7 oz of chocolate chips, 85% dark chocolate	198.4 grams	<input type="checkbox"/>
¾ cup of cocoa powder, raw (cacao)	64.5 grams	<input type="checkbox"/>
1 ½ cups of cream, heavy whipping, pouring, full-fat (30-40% fat)	360 grams	<input type="checkbox"/>
1 large of eggs, free-range or organic	50 grams	<input type="checkbox"/>
½ oz of pistachio nuts, unsalted	14.2 grams	<input type="checkbox"/>
¼ cup of Raspberries, raw	30.8 grams	<input type="checkbox"/>
½ tsp of salt, sea salt	3 grams	<input type="checkbox"/>
1 ¼ cups of sesame flour, fine, defatted	100 grams	<input type="checkbox"/>
¼ cup of Sukrin Gold, brown sugar substitute	40 grams	<input type="checkbox"/>
1 tsp of Vanilla extract	4.2 grams	<input type="checkbox"/>

Add all to basket

Add selected to basket