



Mānuka Honey & Chocolate Avocado Tart

An Exquisite Fusion of Flavors

Ingredients

Base:

Roasted almonds ¾ cup
Roasted hazelnuts ¾ cup
Pitted dates, chopped 1 cup
Melted coconut oil 1 ½ tbsp.
Dark cocoa 3 tbsp.

Filling:

Milk Chocolate melted..... 250g
Dark cocoa powder 5 tbsp.
Ripe avocado flesh 2 cups
Coconut milk ¾ cup
Melted coconut oil 4 tbsp.
Bees & Trees Mānuka 350+ MG Honey 2-3 tbsp.
Pinch of sea salt

To Decorate:

Fresh summer berries





Directions

Base:

1. In a food processor, blend the roasted almonds and hazelnuts until they reach a coarse crumb texture.
2. Add the chopped dates and melted coconut oil to the nut mixture. Blend until the mixture reaches a sticky consistency.
3. Incorporate the dark cocoa and blend until the ingredients are well combined.
4. Grease a 9 inch fluted baking tin with a removable base using coconut oil.
5. Press the base mixture firmly into the prepared baking tin.
6. Set the tin aside in the fridge to allow the base to firm up.

Filling:

1. In a food processor, combine the melted milk chocolate, dark cocoa powder, ripe avocado flesh, coconut milk, melted coconut oil, Bees & Trees Mānuka 350+ MG Honey, and a pinch of sea salt.
2. Blend the filling ingredients until you achieve a smooth and creamy consistency.

Assembling the Tart:

1. Pour the prepared filling over the chilled base in the baking tin.
2. Refrigerate the tart until the filling has fully hardened. This typically takes around 2-3 hours.
3. Once the filling has set, carefully remove the tart from the baking tin.
4. Garnish the tart with fresh summer berries and enjoy!

Note:

- You can prepare this tart in advance and store it in the freezer until you're ready to enjoy it.