

Apple Blackberry Tart



Ready in 35 minutes

Serves 2

Ingredients

Crust

- 1 cup almonds, soaked and dehydrated
- ½ cup soft dates, pitted

Filling

- 1 oz Apple Crystals (little less than ½ cup)
- 1 oz Blackberry Crystals (less than ½ cup)
- ¼ cup water
- 1 lemon, juiced (about ¼ cup)
- dash of Ceylon cinnamon

Preparation

1. Process crust ingredients in a blender until it sticks together.
2. Press down into a 6" tart pan.
3. Mix all filling ingredients and fill the crust.
4. Let sit for 20 min.