

## Apple & Lemon Cream Tart

*Simple apples smothered in lemon cream with a nice, crunchy almond crust.*

*Fills 8, 8 cm brioche shells*

### **Crust Ingredients:**

2 C fine almond flour\*  
4 T honey  
4 medjool dates, pitted and soaked in water for 1 hour  
1/4 C coconut oil/butter  
1/2 t sea salt  
1 C almond meal\*



### **Filling Ingredients:**

1 sweet apple, peeled, cored and 1/2 of it minced  
1/3 C + 2 T lemon juice  
1 C cashews soaked in water for about an hour  
2 C fresh young coconut meat  
1/3 C honey  
4 T. coconut oil/butter  
1/2 t sea salt  
1/4 t cinnamon  
1/4 t nutmeg  
1/4 t vanilla or 1" of vanilla bean, ground

### **Preparation:**

To make crust, place almond flour, honey, drained dates, coconut oil, and sea salt in a food processor and blend until it balls up. Add almond meal and process until well combined. Line pan or brioche shells with plastic wrap. Press crust into shells and place in the freezer for at least 1/2 hour. These can be made well in advance.

To make the filling, toss the minced apple with the 2 T of lemon juice. Then remove the crusts from freezer and divide the minced apple among the shells (about 1 T. each). Place the remaining apple and all other ingredients (be sure to rinse and drain the cashews first) in a high-powered blender and run until smooth and creamy.

Top with lemon zest and return to freezer until ready to freeze. You may also keep this in the fridge alternatively, if you prefer a softer, more pudding-like consistency.

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\* **Fine Almond Flour and Almond Meal** can be made at the same time. For this recipe you will need 2 cups of almonds, soaked for 6-8 hours, then drained, rinsed well, and dehydrated for 12 more hours at 118 degrees. Place in a food processor and run until you have a nice finely ground consistency. Be careful not to over process - you might end up with almond butter instead!

Next, take your almonds and run through a fine mesh screen separating the "flour" from the "meal." And there you have it.

If you do not wish to go through this process, you are certainly welcome to just use raw ground almonds, but you won't get the same fine texture on the crust.

This recipe is from The Raw Table