



FIG & CHOCOLATE TART

Prep. time 40 minutes / Chilling time 2 hours / Serves 8

From the sweetness of the figs to the luscious, gooey chocolate, this fig and chocolate tart is guaranteed to be a treat for all the family.

Ingredients

For the base

100g rolled oats
50g puffed quinoa
40g pumpkin seeds
3 tablespoons chia seeds
3 tablespoons cacao powder
1 teaspoon cinnamon
3 tablespoons coconut oil
3 tablespoons almond butter
5 tablespoons maple syrup



For the filling

100g bar dark chocolate, broken up into pieces
2 tablespoons coconut oil
2 tablespoons maple syrup
250g Bute Island Creamy Original Sheese
2 tablespoons cacao powder
1 teaspoon vanilla extract
2-3 figs, sliced

Cooking Method

To make the base, mix together the oats, quinoa, seeds, cacao powder and cinnamon in a bowl. Melt the coconut oil, almond butter and maple syrup then pour into the bowl and mix well to combine. Leave to stand for 10 minutes. Tip the mixture into a blender and pulse a few times so everything really comes to together and breaks down slightly. Then tip into a greased 20cm loose-bottomed tart tin and use your hands to push up the sides and cover the base evenly. Chill while you make the filling.

Gently melt the chocolate, coconut oil and maple syrup together then set aside and leave to cool for 10 minutes. Then whip into the creamy Sheese and vanilla until quite thick and creamy. Spoon this into the case and smooth out evenly - it should fill it generously. Chill in the fridge for at least 2 hours.

When ready to serve, arrange the figs on top, pop out of the tin and place on a chopping board, cut into 8 and enjoy!