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Fruit Tart

By Gemalli Austin, DrPH, RD

Crust Ingredients

- 2 cups (215 grams) almond flour
- 1/4 teaspoon sea salt
- 1/3 cup (65 grams/80ml) of olive oil
- 3 tablespoons (18 grams) maple syrup

Ganache Ingredients

- 6-8 ounces high-quality bittersweet chocolate and/or carob
- 1/3 cup of water
- 1-4 teaspoon sea salt

Pastry cream Ingredients

- 2 cups +1/2 cup soy milk, divided (or another thick variety of non-dairy milk)
- 1/2 cup cornstarch
- 1/3 cup + 2 tablespoons sugar
- 3 teaspoons vanilla extract
- 2 tablespoons non-dairy butter (optional but recommended)

Adding Berries with: Ingredients

- 1/2 tablespoon brown sugar
- 1-4 teaspoon cinnamon
- 1 tablespoon strawberry jam or plum jam diluted in a bit of water

Instructions

Crust:

1. In a large mixing bowl whisk together the almond flour, cinnamon and salt. Stir in the water and maple syrup until it resembles wet sand.
2. Pour the mixture into the tart pan and use your hands to press it evenly into the sides and bottom of the pan. Use a fork to dock (make holes) all over the bottom of the crust. Bake for 13-15 minutes or until the crust is golden brown at 350F.
3. Remove from the oven and transfer to the fridge or freezer to set while you make the ganache.

Ganache:

1. Put 1 inch of water in bottom pan of a double boiler and set to medium heat. Add the chocolate and/or carob to the top pan and turn the heat to medium. When the chocolate/carob begins to melt, add water and whisk continuously until you have a smooth, homogenous chocolate/carob mixture.
2. Remove from the double boiler and stir in the salt and orange zest and cool for 10 mins.
3. Remove the tart pan from the fridge/freezer and spread the cooled ganache in an even layer on the bottom of the tart shell.
4. Use a pastry brush or the back of the spoon to brush the chocolate on the sides and place in the refrigerator.

Pastry Cream:

1. Combine 1/2 cup of the non-dairy milk and the 1/2 cup of cornstarch to create a slurry.
2. In a pot, add the remaining milk, sugar and vanilla. Whisk and bring it to a boil.
3. Lower the heat and add in the slurry, whisking constantly. Cook for just 1 or 2 minutes or until you have the consistency of rich cream.
4. Add the non-dairy butter if using (this will make it incredibly silky), and immediately pour it into the baked pie crust. Let it cool for about 5 minutes before adding the fruit topping.
5. Combine the brown sugar and cinnamon and sprinkle on top of your berries. Brush the diluted jam over the plums and bake the tart again for 10-12 minutes or until the fruit is bubbly and tender and the crust is golden.
6. Chill for 1-2 hours or overnight.