

# Thomas Buckborough & Associates - Recipe

## Raw Bittersweet Chocolate Tart

### **Crust:**

1 1/4 cups walnuts

½ cup pitted dates chopped (4-5 dates)

Pinch sea salt

2 TBSP raw cacao powder

Process the nuts in a food processor, until they are very fine. Add in the dates and cacao powder. Process until it is sticky.

Press into an 8 " tart pan or pie plate. The easiest way is to do the sides first and work toward the middle. Refrigerate while you prepare the filling.

### **Filling:**

½ cup full fat coconut milk (in a can)

¾ cup raw cacao powder

½ gently melted coconut oil

½ cup maple syrup

½ tsp vanilla extract

Put all ingredients into a food processor or blender. Process to combine evenly. Pour into the prepared pan. Refrigerate for at least 1 hour. Dust the top with some raw cacao powder sprinkled through a strainer after it has chilled.

### **Variations:**

Serve with strawberries, raspberries, or cherries in season

Add almond, or mint, or orange extract or essential oils to the filling

Add a liqueur to the filling