



Oat Tarts with Stevia

3 hours

Hands on

5

Portion(s)

1

Difficulty



Method

- Preheat oven to 170* C (338* F) Fan.
- Grease a 5 cup cupcake pan with butter.
- In a bowl, add all of the ingredients for the tart dough.
- Mix well with a silicon spatula and divide the dough between the cupcake cups.
- Press down on it with your fingers to spread the mixture nicely on the bottom and sides of each cup to create a "nest".
- Bake for 25 minutes.
- When ready, remove from oven and allow the oat tarts to cool for 20 minutes.
- In a bowl, add all of the ingredients for the filling.
- Whisk until completely combined.
- Fill the oat tarts with the mixture and sprinkle with coconut.
- Refrigerate for 1-2 hours until the filling thickens.
- Decorate with raspberries, coconut and serve.

Ingredients

For tarts

- 50 g oat flour (oats finely ground in food processor)
- 50 g coconut
- 15 g stevia, crystallized
- 20 g sunflower oil
- 40 g water
- ½ teaspoon vanilla extract
- ½ teaspoon ground cinnamon

For filling

- 3 tablespoons cocoa powder
- 3 tablespoons stevia, crystallized
- 100 g water
- 1 tablespoon brandy
- 2 tablespoons tahini

To decorate

- 20 g coconut
- 150 g raspberries

Διατροφικός πίνακας

Nutrition information per portion

263 Calories (kcal)	20.0 Total Fat (g)	9.9 Saturated Fat (g)	10.0 Total Carbs (g)
13%	29%	50%	4%
2.4 Sugars (g)	5.8 Protein (g)	9.7 Fibre (g)	0.05 Sodium (g)
3%	12%	39%	1%