

Key Lime Avocado Tart

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1.5 cups pecans
- 1/4 cup raw cacao nibs
- 1/4 cup unsweetened sulfite-free coconut flakes
- 10 soft medjool dates
- 1/2 tsp vanilla extract
- 3 ripe avocados
- 1/4 cup liquid unpasteurized honey
- Juice from 1 lime

Instructions:

1. Combine pecans, cacao nibs, coconut flakes, dates and vanilla in a food processor or blender and give a whirl until crumbly.
2. Press mixture into 4 x 4" tart pans*. Refrigerate while you make the pudding top.
3. Combine avocados, honey and lime in a food processor or blender until creamy. Give it a taste test. Because limes vary greatly in juiciness you may need to add more lime juice. Let your taste buds tell you!
4. Remove tart bottom from fridge and divide avocado topping among 4 tarts. Enjoy immediately or refrigerate until serving. Garnish with coconut flakes.

Notes:

Serves 4 generously. Be sure to buy "medjool" dates for this recipe. Honey dates are too dry and will not work for the crust. *You could also use an 8" diameter tart pan with the same measurements.