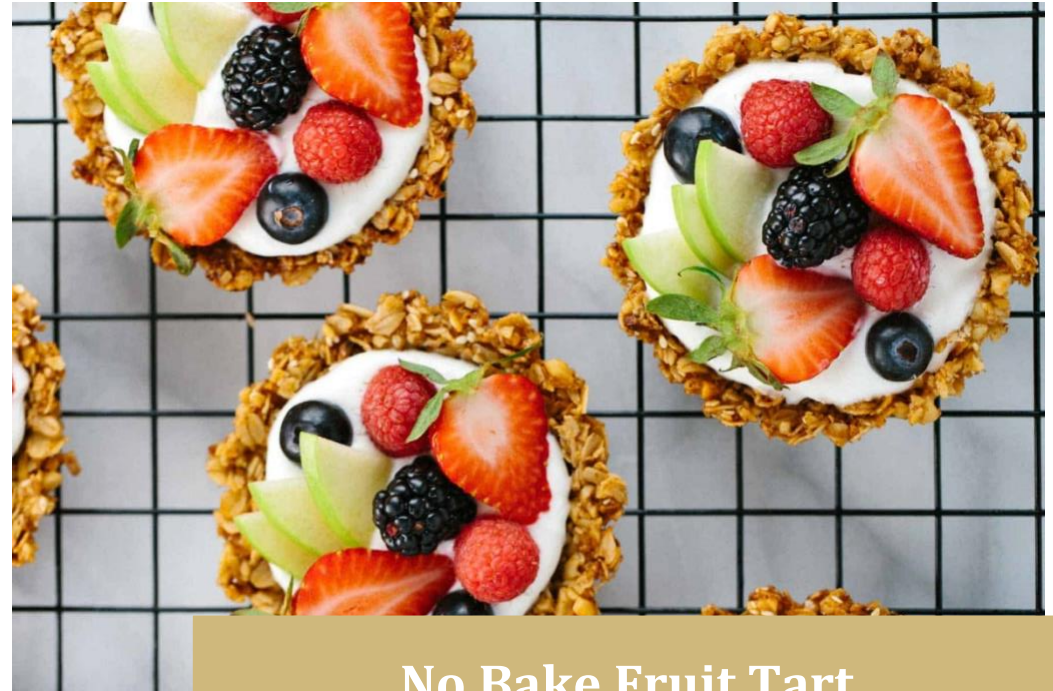


INGREDIENTS

- 15 Dates
- 1 ½ cups Cashews, raw
- ½ tsp Sea Salt
- 1 tbsp Water
- 1-2 cups Greek Yogurt
- 1 cup Blueberries
- 1 cup Strawberries
- 1 Peach

DIRECTIONS

1. Combined dates, cashews, and salt into a food processor. A blender will work but stop and stir mixture to blend evenly. Blend on high for 1-2 minutes until the ingredients start to form a dough and move towards the center of the mixing bowl. If ingredients aren't mixing well add a tablespoon of water and blend until combined.
2. Press dough into the bottom and sides of the muffin pan using a rubber spatula to avoid sticking. Make sure you get an even consistency on the bottom and the sides. Repeat this process for each individual tart.
3. Fill each tart 3/4 full of Greek yogurt of your choice. Place in fridge, covered, for 8-10 minutes to help keep tart together.
4. Remove tart from refrigerator and top tart with assorted berries. Serve, eat, enjoy!
5. Keep crusts covered in an air tight container in the refrigerator for up to 5 days. Top with Greek yogurt and berries before serving.



No Bake Fruit Tart

Gluten Free | Vegetarian

Yield:
4 Servings

Prep Time:
10 Min

Cook Time:
10 Min