

## Raw tomato tart

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## Raw tomato tart

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Dorota and Walter Trupp share their raw food recipes.

Ingredients (serves 4)

### Marinated Tomatoes

- 4 cups cherry [tomatoes](#), divided
- $\frac{1}{4}$  cup olive oil
- 3 tbsp balsamic vinegar
- 1 clove garlic, diced fine
- 3 tbsp herb mix (oregano, basil, marjoram, thyme and rosemary)

### METHOD

Whisk together olive oil, balsamic vinegar, garlic and herb mix.

Slice tomatoes in half and toss with vinaigrette to coat. Place on dehydrator sheets and dehydrate at 55°C for dehydrating 6 to 8 hours or until tomatoes are done. (Don't worry they are still raw.)

### Crust

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- 1 cup sprouted buckwheat
- 1 tbsp coconut oil, melted
- ½ cup wakame flakes (from organic food stores and health food shops)
- Pepper

### METHOD

To make the flakes, crush them with a rolling pin. Place buckwheat in food processor and process until a fine crumb is achieved.

Add wakame, coconut oil and salt and pepper. Pulse to mix.

Pat quarter of an inch deep in tart shells. You can use one 22cm tart shell or four smaller tart shells.

### Filling

- 1½ cup cashews, soaked overnight in the fridge and drained
- 1 clove garlic
- ½ lemon, juice from
- 1 tbsp nutritional yeast
- 3 tbsp water
- 2 cups spinach (crushed by hand)
- 2 cups marinated tomatoes (see recipe)

### METHOD

Place cashews, garlic, lemon juice, nutritional yeast and water in a high-speed blender. Blend until smooth.

### To make the tart:

Top the tart crust with the filling and then neatly arrange the marinated tomatoes onto the filling and put in the fridge until set, approximately one to two hours.

[NEXT: Raw pizza with mushroom and walnut pesto>>](#)

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