

A Conscious Collection's caramel tart

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Treat your guests to a scrumptious caramel tart at your next dinner party.

Ingredients

Base

- 1 tbsp Melrose coconut oil
- 1 cup desiccated coconut
- 1 cup cashews
- 1 cup pitted dates
- 1/2 cup almonds
- 1 tbsp cacao
- Water, as needed

Filling

- 1/4 cup Mayver's almond butter
- 1/4 cup Melrose coconut oil
- 1/4 cup maple syrup
- Pinch of Red Ape cinnamon

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- Pinch of Murray River pink salt flakes

Toppings

- 1 pear, sliced in half
- Crushed almonds and Pistachios
- Dried flowers (for decoration, if desired)

Method

Grease a tart pan with coconut oil and sprinkle an even coat of desiccated coconut on top to prevent the base sticking to the tin. In a food processor or high-speed blender, mix all the base ingredients until well combined. Transfer to the pan, pushing down, ensuring that the mixture is nice and compact. Store in fridge while making the filling.

In a high-speed blender, mix all the filling ingredients until well combined and a creamy texture is formed. (I use the NutriBullet for this as it's only a small quantity. If using a commercial-size blender, you may just need to keep scraping the sides.) Place your filling on top of the base and spread it into an even flat surface and place in the freezer for an hour to set.

Once caramel has hardened, top with desired toppings. Store in fridge and remove 10 minutes before serving.

Photography by Two Loves Studio.

Recipe by: [A Conscious Collection](#).

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