

Homegrown

NC STATE EXTENSION

Berry Medley Tart

Crust

- ✓ 1 cup raw walnuts
- ✓ 2 cups water
- ✓ 6 medjool dates
- ✓ 1 cup raw unsweetened, shredded coconut
- ✓ ¼ tsp sea salt
- ✓ ½ tsp vanilla

Filling

- ✓ 1 cup blueberries, blackberries and/or raspberries

Topping

- ✓ 1 cup raw, unsalted cashews
- ✓ 2 cups water
- ✓ 1 tsp vanilla paste
- ✓ 2 tbsp sugar



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Soak walnuts in 2 cups of water overnight. Halve dates and remove the pit. Drain walnuts, reserving 1 tbsp water. Add walnuts, dates, coconut, sea salt, vanilla and reserved water to a food processor and blend until smooth. Press dough into tart dish. Wash and roughly chop fresh fruit filling. Fill tart with berries and refrigerate for at least 2 hours.

Soak cashews in 2 cups of water for 4-6 hours. Drain cashews, reserving ½ cup water. Add cashews, vanilla paste, sugar and reserved water to food processor. Blend on high for a couple minutes. Chill for an hour. Dollop onto tart just before serving.