



Homegrown

NC STATE EXTENSION

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Berry Medley Tart

Crust

- 1 cup raw walnuts
- 2 cups water
- 6 medjool dates
- 1 cup raw unsweetened, shredded coconut
- 1/4 tsp sea salt
- 1/2 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

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 1/2 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.

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