

Coconut Lemon Tarts

8 ingredients · 4 hours · 10 servings



Directions

1. Preheat the oven to 350°F (177°C). Grease a muffin tin with coconut oil or fill with liners.
2. Blend the coconut and dates in a food processor to form a crumbly mixture. Transfer to the muffin tin and use your fingers to form an even crust. Bake for 8 minutes or until slightly toasted. Set aside to cool.
3. Meanwhile, add the water to a pan and sprinkle the gelatin overtop. Let it thicken for about 5 minutes.
4. Heat the gelatin over low heat just until it melts. Remove from heat and stir in the maple syrup, lemon zest, lemon juice and coconut milk.
5. Fill the crusts with the coconut gelatin mixture and refrigerate for at least 4 hours.
6. Use a knife to loosen the sides and remove the tarts from the tin. Enjoy!

Ingredients

15 milliliters Coconut Oil
160 grams Unsweetened Shredded Coconut
294 grams Pitted Dates
119 milliliters Water
14 grams Gelatin
80 grams Maple Syrup
1 1/2 Lemon (zested, juiced)
485 milliliters Canned Coconut Milk (full fat)

Nutrition

Amount per serving

Calories	315	Fiber	5g
Fat	21g	Sugar	25g
Carbs	33g	Protein	4g

