

Berry Tart

Although I have been enjoying summer's beautiful berries just as they are, this weekend I couldn't help myself putting them into a tart shell. The berries, of course, play the starring role – but without a yummy crust to back them up, the results would be disappointing. I found my solution taking inspiration from this tomato tart recipe I posted last month in France. With just a few tweaks in flour choices and a splash of maple syrup, I found just what I was looking for – a nice crumbly crust with just enough flavor.

Tart Crust

- 2 tbsp ground flaxseed
- 4 tbsp water
- 1/2 cups ground walnut meal
- ½ cup coconut flour
- 1 cup of buckwheat flour
- 3/4 tsp sea salt
- 2 tbsp coconut oil or melted plant-based spread
- 1-4 tbsp plant-based milk, amount may vary

Preheat oven to 375 degrees. Combine flaxseed and water in a small dish and set aside. Measure and mix together all dry ingredients. Blend oil and flaxseed into flours, using your hands. Add enough plant-based milk so that the ingredients can be formed into a ball. Gently press into bottom and sides of tart pan.

Prick the bottom layer with a fork and place in the oven for 10 minutes. Prepare filling.

Filling

- 4 cups of berries (I used blueberries and blackberries)
- Juice from one lemon

- 3 tbsp tapioca starch
- 2 tbsp Maple Syrup
- 1 tsp cinnamon
- $\frac{1}{2}$ tsp fresh grated nutmeg

In a large bowl, combine berries and tapioca starch, coating them well. Mix in additional ingredients. Pour berries into pre-baked tart shell and return to oven for 40 minutes.

Enjoy!

(stores well in a cool oven overnight without covering)