



Comforting Recipe of the Week

Easy Healthy Strawberry Tart, Vegan, without refined sugar or butter



- Preparation time: **30 minutes**
- Cooking time: **25 minutes**

Ingredients

For the base:

- 200g of T-55 flour
- 70g of almond (or hazelnut) powder
- 50g of coconut oil (or hazelnut oil)
- 50g of agave syrup
- 70g of vegetable milk (hazelnuts, almonds) / or cow's milk
- 1 pinch of salt

For the strawberry coulis :

- 300g of strawberries
- 50g of pure cane sugar (unrefined)
- 1 teaspoon of lemon juice

Topping :

- 500g strawberries

Instructions

First, prepare the tart bases:

- Preheat the oven to 180 °
- In a large bowl, place the flour, almond powder, coconut oil, agave syrup, milk and salt. Mix everything and knead for a few minutes until you get a dough. Form a ball. Keep cool during the preparation of the coulis

Strawberry coulis :

- Wash and hull strawberries
- In a blender, insert the strawberries, cane sugar and lemon juice
- Mix until a fine coulis is obtained
- Pour the coulis into a saucepan and cook for 15 to 20 minutes over low heat to thicken the coulis. Stir from time to time.
- Keep cool

The base :

- While the coulis is cooking: flour the work surface and spread the dough according to the size of the dish used



- Place a sheet of baking paper and add the dough. Prick it with a fork and bake in the oven for 20 minutes

Topping :

- While the dough is cooking, wash, hull the strawberries and cut them
- Once the dough has come out of the oven, leave to cool for a few minutes and distribute the strawberry coulis evenly over the dough
- Arrange the strawberries on the dough

Enjoy your meal !