

RECIPE | MELONS



FRESH VEGAN FRUIT TARTS



in

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FRESH VEGAN FRUIT TARTS

Recipe created by *Hope Monaco*



INGREDIENTS

- 1 Pure Flavor® Alonna™ Canary Melon, diced
- 12 oz Pure Flavor® Sweet Blooms® Strawberries, diced
- 6 oz blueberries
- 12 medjool dates, pitted & divided
- 1 cup room temperature water

- 1 cup walnuts, chopped
- 1 cup raw cashews, soaked in hot water
- 2 tbsp warm water
- 1½ tsp vanilla extract
- 1 tsp cinnamon

DIRECTIONS

- 1 Combine cashews, 6 dates, 1 cup water & vanilla extract into a high-speed blender and blend thoroughly. Store in fridge until ready to use.
- 2 To make the crust, combine walnuts, remaining dates, and cinnamon in a blender until somewhat chunky. Add remaining water until a thick dough forms.
- 3 Cover and place in the fridge for 20 minutes.
- 4 Using a muffin tin, add a layer of saran wrap to each section and then add a scoop of crust dough. Press gently to form a cup.
- 5 To remove the tarts from the molds, gently lift the edges of the saran wrap and place each tart on serving plate.
- 6 Fill each tart shell with the cashew cream and then top it with fruit to serve.



30 min

30 min PREP. | 0 min COOKING



8



easy