



No Bake Vegan Creme Tartlets



Vegetarian



Gluten Free



Popular

READY IN



15 min.

SERVINGS



8

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cashew pieces raw unsalted
- ☐ 1 tablespoon coconut oil melted
- ☐ 1.5 tablespoons maple syrup
- ☐ 0.5 tablespoon milk alternative plain (almond, coconut, etc.)
- ☐ 8 servings raspberries fresh
- ☐ 1 pinch salt
- ☐ 3 drops stevia extract pure
- ☐ 0.5 teaspoon tapioca flour

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0.3 teaspoon vanilla extract

Equipment

☐

food processor

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blender

Directions

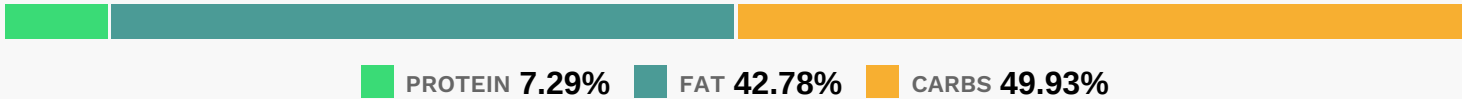
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Place the cashews in a spice / coffee grinder, the grinder container of a personal blender, or a small food processor. Process until finely ground or powdered, about 30 to 60 seconds – it’s okay if it starts to clump.

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Add the maple, oil, milk alternative, starch, vanilla, and salt (transfer all to a blender if using a regular grinder), and process until smooth and creamy. Taste test. Blend in the stevia to heighten the flavors, if desired.Press the macaroons into 8 mini tartlet or cupcake molds / tins. The Choco variety holds together well, and can even be shaped into a tartlet shape without a mold or tin.Divide the cashew filling evenly between the tartlet cups Freeze for 15 minutes.Top with fresh berries.Chill in the refrigerator until ready to devour.

Nutrition Facts



Properties

Glycemic Index:18.46, Glycemic Load:2.15, Inflammation Score:-3, Nutrition Score:5.6682608059567%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 86.96kcal (4.35%), Fat: 4.51g (6.94%), Saturated Fat: 1.89g (11.82%), Carbohydrates: 11.85g (3.95%), Net Carbohydrates: 7.77g (2.83%), Sugar: 5.28g (5.86%), Cholesterol: 0.11mg (0.04%), Sodium: 6.79mg (0.3%), Alcohol: 0.04g (100%), Alcohol %: 0.08% (100%), Protein: 1.73g (3.46%), Manganese: 0.58mg (28.88%), Vitamin C: 15.75mg (19.09%), Fiber: 4.08g (16.31%), Copper: 0.17mg (8.6%), Magnesium: 29.81mg (7.45%), Vitamin K: 6.53µg (6.22%), Phosphorus: 50.24mg (5.02%), Vitamin B2: 0.08mg (4.41%), Iron: 0.78mg (4.33%), Zinc: 0.59mg (3.96%), Potassium: 136.13mg (3.89%), Vitamin E: 0.57mg (3.82%), Folate: 13.94µg (3.49%), Vitamin B1: 0.05mg (3%), Vitamin B6: 0.06mg (2.8%), Vitamin B5: 0.25mg (2.47%), Calcium: 22.26mg (2.23%), Vitamin B3: 0.42mg (2.1%), Selenium: 1.21µg (1.72%)