



Strawberry Tarts with Ginger-Nut Crust

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



178 kcal

DESSERT

Ingredients

- 5 tablespoons agave nectar divided (nectar)
- 2 teaspoons coconut oil melted plus more for pan
- 1 teaspoon ground ginger
- 1 teaspoon juice of lemon fresh
- 2 cups walnuts
- 0.5 teaspoon sea salt fine
- 1 pound strawberries fresh hulled sliced
- 1 vanilla pod split

- 2 tablespoons flour whole wheat

Equipment

- food processor
- bowl
- frying pan
- oven
- wire rack
- spatula
- muffin liners
- butter knife

Directions

- Lightly brush muffin cups with coconut oil. Set aside. Pulse nuts in a food processor until coarsely ground.
- Add 3 tablespoons agave syrup, flour, ginger, salt, and 2 teaspoons coconut oil. Process until coarse dough forms. Gather into a ball. Press 1 heaping tablespoon dough firmly onto bottom and up sides of each muffin cup. Chill for 1 hour.
- Preheat oven to 350°F.
- Bake crusts until firm and golden around edges, 8–10 minutes.
- Let cool in pan on a wire rack for at least 10 minutes before removing. DO AHEAD: Can be made 1 day ahead.
- Let cool completely; store airtight at room temperature.
- Place strawberries, lemon juice, and remaining 2 tablespoons agave syrup in a medium bowl; scrape in vanilla seeds (save bean for another use). Stir well, crushing a few berries to release their juices.
- Using a spatula or butter knife, remove tart shells from pan and fill with strawberry mixture.
- Serve immediately.
- Per serving: 190 calories, 15 g fat, 3 g fiber
- Bon Appétit

Nutrition Facts

PROTEIN 7.16% FAT 64.67% CARBS 28.17%

Properties

Glycemic Index:8.08, Glycemic Load:2.13, Inflammation Score:-3, Nutrition Score:7.4634782561789%

Flavonoids

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Nutrients (% of daily need)

Calories: 177.9kcal (8.89%), Fat: 13.63g (20.96%), Saturated Fat: 1.76g (11%), Carbohydrates: 13.36g (4.45%), Net Carbohydrates: 11.13g (4.05%), Sugar: 8.33g (9.25%), Cholesterol: 0mg (0%), Sodium: 98.09mg (4.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.79%), Manganese: 0.92mg (45.77%), Vitamin C: 24.13mg (29.25%), Copper: 0.33mg (16.74%), Magnesium: 37.79mg (9.45%), Fiber: 2.23g (8.92%), Phosphorus: 81.11mg (8.11%), Folate: 31.43µg (7.86%), Vitamin B6: 0.15mg (7.45%), Vitamin B1: 0.09mg (6.15%), Zinc: 0.69mg (4.62%), Iron: 0.81mg (4.48%), Potassium: 151.06mg (4.32%), Vitamin B2: 0.05mg (3.19%), Vitamin K: 3.35µg (3.19%), Selenium: 2.07µg (2.96%), Calcium: 25.92mg (2.59%), Vitamin B3: 0.5mg (2.49%), Vitamin E: 0.34mg (2.28%), Vitamin B5: 0.17mg (1.67%)