



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

Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg, Pelargonidin: 9.39mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

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%)