

Avocado Cream Tartlets



Serves: 1



Cooking Time: 45 minutes



Level: Easy



INGREDIENTS

Tartlet Shells
Vegetable oil for brushing
1/2 cup walnuts, ground
1/2 cup steel-cut oats, ground
1/2 cup whole-wheat pastry flour
1/2 teaspoon cinnamon
2 tablespoons maple syrup
1/4 cup coconut or canola oil
pinches sea salt
Avocado Cream
2 ripe Haas avocados
3 tablespoons lime juice
1/2 teaspoon honey
pinches cayenne pepper
2 tablespoons maple syrup
1/4 cup coconut or canola oil
1/4 teaspoon sea salt
1/4 cup pepitas (pumpkin seeds), chopped

PREPARATION

1. Preheat oven to 350 degrees. Oil 16 small tartlets molds with oil.
2. Make shells: Combine all shell ingredients in a medium bowl. Press equal amounts into the bottoms and up the sides of the molds. Bake for 15 minutes. Let cool completely.
3. Remove the skin and pits from the avocados and place in a food processor. Add the lime juice, honey, cayenne, and salt and process until smooth.
4. Spoon the avocado cream into the tartlet shells. For a more attractive appearance, place the cream in a pastry bag and pipe it into the shells. Sprinkle the pepitas over the top. Serve chilled or at room temperature.