

18

Servings

18 min

Prep Time

19 min

Cook Time

37 min

Total Time

Chocolate Tart

Ingredients

Crust

180 g almond meal
60 g coconut oil, melted
2 tablespoons keto sweetener
1 tablespoon of cacao powder
pinch of salt

Filling

400g Lindt 90% dark chocolate
1 ½ cup of cream
0.5 tsp coffee granules
Pinch salt

To serve

Double cream
Fresh strawberries

Macros Per Serve

Calories - 294 | Fat – 28.6g
Net Carbs – 3.9g | Protein – 4.9g

Conventional Method

- 1 Preheat the oven to 180°.
- 2 Combine the crust ingredients well in a bowl.
- 3 Line the base of a large tart tin and grease the sides. Spoon the crust mix into the tin and with damp fingers press firmly. Make sure you push the crust up the sides of the tin too.
- 4 Place in the oven and bake for 15 minutes.
- 5 Remove from the oven and allow to cool. The crust will firm up as it cools.
- 6 Once the tart shell has cooled, finely chop the chocolate and place it in a heatproof bowl. Place the bowl on top of a saucepan 1/4 filled with water and add the remaining filling ingredients. Heat over a medium heat until the ingredients are melted and combined. Remove from heat.
- 7 Spoon the chocolate mix into the tart shell and then place in the fridge until needed.
- 8 Serve with double cream and strawberries.

Thermomix Method

- 1 Preheat the oven to 180°.
- 2 Combine the tart ingredients in the Thermomix bowl and blend for 30 sec/sp 3.
- 3 Line the base of a large tart tin and grease the sides. Spoon the crust mix into the tin and with damp fingers press firmly. Make sure you push the crust up the sides of the tin too.
- 4 Place in the oven and bake for 15 minutes.
- 5 Remove from the oven and allow to cool. The crust will firm up as it cools.
- 6 Once the tart shells are cool, break up the chocolate and place it in the Thermomix bowl. Grate the chocolate for 10 sec/sp 8.
- 7 Add the cream, coffee granules and salt, and cook for 4 mins/80 °/sp 1.
- 8 Spoon the chocolate mix into the tart shell and then place in the fridge until needed.
- 9 Serve with double cream and strawberries.