



Maple-Sweetened Cranberry Almond Tart {Vegan}

This maple-sweetened and vegan cranberry almond tart recipe is proof that you can make delicious tarts using healthier ingredients without compromising the taste or flavor.

Ingredients

For the Crust:

¼ cup rolled oats – I used Trader Joe's GF oats

¼ cup unsweetened dried, shredded coconut

¼ cup whole raw, unsalted almonds

2 tablespoons brown rice flour

¼ teaspoon sea salt

¾ cup plus 2 tablespoons whole spelt flour

3 tablespoons extra virgin olive oil plus more for oiling the pan

3 tablespoons maple syrup

1 teaspoon vanilla extract

For the Filling:

2 teaspoons arrowroot powder or cornstarch

4 tablespoons fresh orange juice divided

3 cups fresh or frozen* cranberries, divided

¼ cup plus 2 tablespoons maple syrup

1/8 teaspoon cinnamon

For the Topping:

2 ½ cups almond meal

1 teaspoon aluminum-free baking powder

3 tablespoons extra virgin olive oil

¼ cup maple syrup

zest of an orange

zest of a lemon

1/8 teaspoons of salt

1 teaspoon vanilla extract

3 tablespoons sliced almonds

Instructions

Pre-heat the oven to 350 F Degrees. Using a pastry brush thoroughly oil a 9-inch tart pan with a removable bottom. Set aside.

Place the oats, shredded coconut, almonds, brown rice, and salt in the bowl of a food processor. Pulse a few times to break the almonds and then process until the mixture is finely ground, 45-60 seconds.

Transfer it to a medium-size mixing bowl. Mix in the spelt flour.

Drizzle the olive oil, maple syrup and vanilla extract into the mixture. Using the back of a fork or your fingers, give it a mix. It should be moist, but not sticky.

Using your fingers, press the dough evenly into the tart pan. Prick the dough with a fork several times and bake for 15 minutes. Take it out of the oven and set aside to cool. Leave the oven on. Meanwhile to make the filling, in a small bowl mix together the arrowroot powder with a tablespoon of the orange juice. Set aside.

In a small pot, combine 2 ½ cups of cranberries, remaining orange juice, maple syrup and cinnamon. Stirring frequently, bring it to a boil. Turn the heat to low, cover it with a lid, and let it simmer for 5 minutes. Remove the lid and stir in the arrowroot mixture. Stir the constantly until mixture it is thickened, 1-2 minutes. It will happen pretty fast. Remove from the heat and let it cool for 10 minutes. When your tart shell is ready, spread the cranberry mixture evenly into the prebaked tart shell.

To make the topping: Mix the almond meal and baking powder in a large bowl. In a separate bowl, whisk together the olive oil, maple syrup, zest of the orange and lemon, salt and vanilla extract until emulsified. Drizzle the olive oil mixture into the almond meal mixture. Stir until completely combined. It should be a wet mixture.

Spoon the almond topping over the cranberry filling. Using the back of a spoon or a spatula, gently press the topping into the tart shell and make sure it is evenly distributed. Lightly press remaining ½ cup cranberries into the topping and sprinkle it with the sliced almonds. Bake for 25 minutes or until the topping turns golden brown.

Let it cool completely before serving.

Notes

* If you use frozen cranberries, there is no need to thaw them before using. * If you cover the cake tightly with stretch film and keep it in the fridge, it will keep its freshness for 2 days.