

## Avocado Tarts

### Summary

<b>Yield</b>	Servings
<b>Source</b>	wailana
<b>Prep time</b>	
<b>Cooking time</b>	30 minutes
<b>Total time</b>	30 minutes

### Description

These pre-baked pastry cups filled with a custardlike cream will please your vegan friends. Best served freshly chilled. Cholesterol-free avocados are loaded with potassium, vitamins A and C, and niacin.

Image not found

[http://www.wailana.com/recipe/avocado-tarts\\_library.jpg](http://www.wailana.com/recipe/avocado-tarts_library.jpg)

Avocado Tarts - Wai Lana Recipe

### Ingredients

Pastry:

- 1 c  
Unbleached white flour
- 2 Tbsp  
Raw sugar
- 1½ tspn  
Egg replacer powder
- 1¼ tspn  
Baking powder
- 1⅞ tspn  
Baking soda
- 1¼ tspn  
Salt
- 3 Tbsp  
Safflower oil
- ds  
Water for binding

Filling:

- ¾ c  
Fresh cashew milk\*

1 1/4 c  
Raw sugar  
1 tspn  
Vanilla  
1 1/8 tspn  
Salt  
1 1/2 c  
Ripe avocado  
1 Tbsp  
Lemon juice

Fresh mint leaves for garnishing

## Instructions

1. Preheat the oven to 350°F. Mix the dry pastry ingredients together in a medium bowl. Rub in the oil with your fingertips until evenly crumbly. Carefully add just enough water to make a soft ball of dough.
2. Lightly oil 4 mini tart pans or custard cups, or a standard muffin tray with 6 cups. Divide the pastry into 4-6 pieces depending on the size and choice of pan. On a floured work surface, roll each piece into a circle about 1/8 inch thick.
3. Place the pastry into the pans and mold to fit. Prick the bottoms with a fork. Bake for 20-30 minutes until light golden. Cool and remove the shells from the pans. If you are using custard cups, bake first, then remove the pastry shells from the cups and bake on a tray, bottom side up, for another 5-10 minutes.
4. Prepare the cashew milk as directed below. Blend the cashew milk and the next 4 filling ingredients until smooth. Add the lemon juice and mix. Spoon the filling evenly into the cooled shells and chill briefly. Garnish with fresh mint leaves.

## Notes

\*Cashew milk: Blend 1/4 cup raw cashew pieces with 1 cup hot water until smooth. Strain through a fine strainer.

Nutritional Information Per Serving:

Calories: 293, Fat 15.3g (138 cal), Carbohydrate 34.7g (139 cal), Protein 3.8g (16 cal)

Added information: Saturated Fat 1.8g, Cholesterol 0mg, Sodium 202mg, Dietary Fiber 2.7g

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Source URL: <http://www.wailana.com/lifestyle/recipe/avocado-tarts>