

Almond tart with cherry sauce

SERVES - 8

NUTRITION PER SERVING

Fat: 12 g

Carbs: 17 g / Fibre: 5 g (Net Carbs: 12 g)

Protein: 8 g

Cherries are amazing! Beautifully coloured these summer fruits are rich in antioxidants and anti-inflammatory compounds, vitamin C, potassium, magnesium, fibre and B vitamins.

Cherries and almonds are a lovely combination so I thought I would make a delicious wheat-free and processed sugar-free Bakewell tart inspired dish.

I've also added blueberries for extra nutrients, flavour and to create a lovely rich berry sauce. No need for any extra sweetening. Blueberries are high in antioxidants, fibre, vitamins C and K.

INGREDIENTS

- 150 g ground almonds
- 4 eggs
- 50 g dates
- 2 t almond essence
- 1 t baking powder
- 25g flaked almonds

- 250 g cherries (de-stoned)
- 125 g blueberries (fresh or frozen)
- 2 t cinnamon
- 5 T water or chai tea

METHOD

1. Preheat the oven to 180°C / 350 F.
2. In a food processor blend dates, ground almonds till dates are well combined.
3. Add almond essence and egg yolks.
4. Whip eggs whites and add to the mixture.
5. Grease a loose bottom tart pan with butter or olive oil.
6. Spread the frangipane mixture into the pan, sprinkle with flakes almonds and bake for 20 mins.
7. In a saucepan heat cherries, blueberries, cinnamon and water.
8. Remove almond tart from the oven.
9. Serve hot or cold with cherry sauce and a pot of chai tea.