

Raw lemon & coconut tart

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Nutritionist, mum and health writer Jacqueline Alwill shares her delightful raw lemon and coconut tart. Add this simple recipe to your dessert menus.

Ingredients (serves 8)

For the base:

- $\frac{3}{4}$ cup oats
- 1 cup medjool dates, pitted
- $\frac{3}{4}$ cup desiccated coconut
- 2 tbsp vanilla essence

For the top:

- $\frac{1}{3}$ cup melted coconut oil
- $\frac{1}{4}$ cup maple syrup
- Juice from 3 lemons
- $\frac{1}{2}$ cup dessicated coconut
- 2 medium-sized bananas, peeled
- Fresh seasonal berries

Method

For the base: Place all ingredients in food processor and blend until well combined and forming a dough-like consistency.

Press base into a lined spring-form cake tin or loaf tin and pop in freezer while blending the top.

For the top: Place all ingredients in food processor until well combined then pour over the base ingredients and spread evenly.

Freeze for 5 hours to set.

Allow to thaw for 10 minutes before serving.

Recipe by: Jacqueline Alwill [@brownpapernutrition](#)

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