

Antioxidant-Rich Berry Tart



Recipe by nutritional therapist and CNM graduate Beata Devlin

This lovely berry tart is loaded with antioxidants, omega 3 fatty acids and lots of beta-carotene and Vitamin C. It is easy to make and can be used as a birthday or special occasion cake.

Tart

- 2tbsp chia seeds (soak in $\frac{1}{2}$ cup water for about 5 minutes)
- 1 cup hazelnuts (blend to flour consistency)
- $\frac{1}{2}$ cup gluten-free flour
- 1tbsp raw honey (or maple syrup or coconut nectar for a vegan option)
- $\frac{1}{2}$ cup olive oil



■ Preheat oven to 200°C. Put all the ingredients into a bowl or mixer, and mix well. Make a round ball out of the dough and press into a 20cm, baking paper lined cake form. Bake for 15-20 minutes and leave to cool before adding the toppings.

Filling

- 2 sweet potatoes (steam in oven on 180°C for 40 minutes or until soft, scoop out the flesh and allow to cool)
- $\frac{1}{2}$ cup soaked cashews (soak in water for 1 hour)
- 7 dried apricots (soak in water for 1 hour)
- 4tbsp raw cocoa powder
- 1tbsp coconut oil
- 5tbsp cashew (or other plant) milk
- 1tsp raw honey (or vegan option)

Toppings

- Raspberries, blueberries and strawberries or other seasonal berries.
- Pour over some liquid chocolate (warm up 1tbsp coconut oil, 1tbsp cocoa powder and 1tsp honey).

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