

## Natures'Path with Mona Rae

### LOVE CRUNCH GRANOLA FRUIT TART

Category: Dessert  
Diet: Vegetarian  
Cuisine: American

#### Ingredients:

1 cup Nature's Path Love Crunch Organic Granola  
 $\frac{3}{4}$  cup rolled oats  
 $\frac{1}{2}$  cup dates, pitted and soaked in warm water to soften (drain before using)  
3 tablespoons coconut oil, at room temperature  
2 cups plain Wallaby Organic Aussie Greek Yogurt  
4 cups strawberries sliced

#### Directions:

Using a food processor, grind granola and oats into a coarse flour. Add dates and coconut oil and blend until well combined. The mixture should hold together when pressed between your finger and thumb. If it seems dry, add water one teaspoon at a time until it holds together.

Press the mixture into the cups of a mini cupcake pan or tart pans, using about one tablespoon of the mixture for each cup and pressing evenly on the bottom and up the sides. Place pans in the freezer for 15 minutes.

Use a small knife to gently release the sides of the crusts and very carefully remove them from the pan.

Fill each tart with 3 to 4 tablespoons of yogurt and arrange sliced strawberries on top. Serve immediately.

## MAYAN CHOCOLATE TORTILLA CHIP PIE

Category: Dessert  
Diet: Vegan  
Cuisine: American

#### Ingredients:

##### **TORTILLA CRUST:**

1 cup ground Que Pasa Tortilla Chips (approx. 3 large handfuls)  
 $\frac{1}{4}$  cup vegan butter, melted  
 $\frac{1}{4}$  cup sugar  
 $\frac{1}{2}$  teaspoon cinnamon

##### **CHOCOLATE FILLING**

$\frac{1}{2}$  cup + 2 tablespoons canned coconut cream  
 $\frac{1}{4}$  cup almond milk  
175 grams dark chocolate, finely chopped (plus extra for topping)

½ teaspoon sea salt  
2 tablespoons sugar  
1 teaspoon cinnamon  
1/8-1/4 teaspoon cayenne

### **COCONUT WHIP**

1 can (400 ml) coconut cream, refrigerated overnight  
2 tablespoons sugar  
¼ teaspoon cream of tartar

### Directions:

#### **TORTILLA CRUST**

Preheat oven to 350F.

In a food processor, process tortilla chips until very fine in texture. If the tortilla chips aren't fine enough the crust will be crumbly.

Place the vegan butter and sugar in a microwave-safe bowl, microwave in 30 second increments until sugar is nearly melted.

In a medium-sized bowl, stir the ground tortilla chips, cinnamon, and sugar/butter mixture together. Very firmly press the mixture into an 8" pie plate. Bake for 10 minutes.

After baking, chill the crust in the refrigerator while you prepare the filling.

#### **CHOCOLATE FILLING**

Heat coconut cream, almond milk, sea salt, cinnamon, and cayenne in a double boiler.

Once the spiced coconut cream/almond milk mixture is hot, add the chopped dark chocolate and stir until the chocolate is completely melted and incorporated into the cream.

Set the bowl aside to chill.

Once the chocolate filling is cool but not cold, begin whipping it with a stand mixer or hand mixer. Whip the chocolate until it thickens up and lightens in color. Spoon the mixture into the tortilla pie crust. Leave a shallow well in the center to fill with coconut whip

#### **COCONUT WHIP**

After chilling your coconut cream, half of the can will be coconut milk and the other half should be a thick, dense layer of coconut cream. Open the can and scoop out the thickest of the coconut cream.

Beat the coconut cream with the cream of tartar. When the coconut milk begins to whip up and increase in volume, add the sugar and continue beating until thick

Chill until needed.

Top the pie with a generous amount of coconut whip. Top with a sprinkle of cinnamon and chocolate shavings. Serve chilled.