

Raw tartelettes with avocado & banana



We're not gonna to become raw foodists but [these fruit bars](#) which we presented some time ago and these tartelettes prove that complying with rules of rawism you can

prepare quite interesting delicacies and they are not inferior to those thermally processed. They are more healthy for sure so it's worth introducing it into everyday diet. We recommend it !

Ingredients:

crust:

- 1,5 cup walnuts
- 1/2 cup almonds
- 1/2 cup fresh dates (about 6)¹
- 1 cup desiccated coconut

filling:

- 2 small avocados
- 1 big ripe banana
- 1/2 cup cocoa
- 3-4 tbsp honey
- 1/2 tsp sea salt
- 1/2 cup milk

Method:

Blend all crust ingredients until it starts to resemble bread crumbs. Press it into base and brims of 4 tartelettes form with loose bottom and put them into fridge. It was a little hard to cover the brims but the effect was worth it.

Blend all filling ingredients until you get smooth batter. Fill forms and put into fridge for 1 hour at least.

Bon appétit!

¹ You can use dried dates and if it's too dry add some water.

[source](#)