Grain-Free French Lemon Tart

Gluten-Free, Grain-Free, Nut-Free, Dairy-Free, Paleo

Recipe by Zenbelly

Ingredients

For the Crust:

- 140 grams Otto's Naturals – Cassava Flour (approximately 1 cup, un-sifted before measuring)
- ½ cup avocado oil
- 1 Tablespoon maple syrup (optional)
- 3 Tablespoons water
- Pinch salt

For the Filling:

- Zest of one lemon
- ¾ cup fresh lemon juice (about 5-6 lemons)
- 4 large eggs
- ½ cup honey or maple syrup
- 1/3 cup coconut cream, from a chilled, unshaken can of full fat coconut milk

Instructions

1. **Make Crust:** Preheat oven to 350°F.
2. In a medium mixing bowl, combine cassava flour, avocado oil, water, salt and maple syrup. Mix to make a soft dough.
3. Press dough into a 9-inch tart pan. Using a fork, poke holes all over the bottom of the crust. Chill in refrigerator at least one hour (will make a sturdier crust).
4. Place on a baking sheet and bake for 12 minutes. Set aside (still on baking sheet).
5. **Make Filling:** In a large mixing bowl, whisk together the lemon zest, lemon juice, eggs, sweetener, and coconut cream.
6. Pour into the par-baked crust (still on baking sheet) and bake for 20-25 minutes, or until just set (the center should still jiggle a little bit and will firm up as it cools).
7. Allow to cool completely before serving, about one hour.