[Avocado and strawberry chocolate tart](#)

Who doesn't love an easy no-bake dessert – and this one is healthy too! Dates are a great alternative to processed sugar, and their stickiness is perfect in combination with the nuts and coconuts for the crust, while the avocado creates a delicious creamy filling.

Ingredients

12 pitted medjool dates (for cheesecake base)

½ cup desiccated coconut (for cheesecake base)

½ cup walnuts (for cheesecake base)

2 tbsp coconut oil, melted (for cheesecake base)

Pinch of salt (for cheesecake base)

1 ripe avocado (for filling)

1 cup soaked cashews (for filling)

250g cream cheese (for filling)

¼ cup maple syrup (for the filling)

3 tbsp of cocoa (for filling)

Pinch of salt (for filling)

2 punnets of strawberries (for topping)

Method:

1. Grease and line the bottom of a 20cm round tart tin with baking paper.

2. Place all the ingredients for the base in a food processor, pulse until they come together (approx. 30 seconds). If the mixture appears too dry and not holding together, add a little water while the food processor is running until the mixture comes together.

3. Press the mixture evenly and firmly into the prepared tin for the base of the tart. Place in the refrigerator while preparing the filling.

4. Combine cashews, avocado and maple syrup in the blender, and blend until smooth. Add the cream cheese, cocoa and blend until thoroughly mixed.

5. Pour the mixture over the base and spread evenly. Cover and then place in the refrigerator to set for a few hours or overnight.

6. Cut the strawberries, and place on top of the cheesecake in your desired pattern. Release the cheesecake from the pan and remove the baking paper underneath before slicing.