

Raspberry flaxseed tart



A dense, chewy, and crispy crust made from flaxseed and packed with health benefits! The crust is perfectly balanced with a sweet and airy almond filling, and topped with plump, tart raspberries.

Ingredients

- 1 $\frac{1}{4}$ cup oat flour (for the pastry)
- $\frac{1}{3}$ cup tapioca starch (for the pastry)
- 2 tbsp ground flaxseed (for the pastry)
- $\frac{1}{3}$ cup of water (for the pastry)
- $\frac{1}{3}$ cup coconut oil (for the pastry)
- Pinch of Salt (for the pastry)
- 130g sugar (for the filling)
- 150g unsalted butter, softened (for the filling)
- 170g almond meal, toasted (for the filling)
- $\frac{1}{2}$ tsp salt (for the filling)
- 1 egg (for the filling)
- 30ml milk or water (for the filling)

Punnet of raspberries (for the filling)

Method:

1. Soak the flaxseed powder with $\frac{1}{3}$ cup of water for 5min.
2. Mix all the dry pastry ingredients together then mix in the soaked flaxseed. Work it together to form a dough. Adjust it with a little extra flour if it is too wet.
3. Roll out the dough to about 2mm thick between two pieces of baking paper, then peel off the top sheet of paper, and use that paper to make a circle that fits the bottom of your tart tin. Use a tin that's about 20cm-23cm. Line your tin with the paper circle and grease the sides.
4. Lift the pastry sheet using the paper it's on, flip it upside down and aim to land it in the center of your tin. Remove the paper, and adjust the position of the pastry if needed to line the bottom and the side of your tin, trim off the excess at the edge. Use the excess to patch the crust if there's thin area. Let it set aside.
5. Cream the butter and sugar together until light and fluffy, stir in the almond meal and salt, and continue to cream it, then add the egg along with milk or water, and continue to cream the mixture for another 3-5min.
6. Fill the tart shell with the almond filling, place the raspberries on top.
7. Bake at 170c for 30-40min