

# - Berry basket yogurt tarts -

dessert > Berry basket yogurt tarts

*This delicious yogurt filled tarts are the answer to a healthy sugar-free dessert.*



make **5** and ready in approx. **30min**  
+ cooling & refrigeration.

## Shopping LIST:

**200g** ground almonds, **100g** dates (finely chopped), **20g** coconut oil (melted), **1tbsp** wheat bran, oat drink.

**5tbsp** Greek style yogurt (**10%** fat), **raspberries**, **blueberries** or any other **berry**.

## Method:

- Preheat oven to **140°C** fan. Line bases and sides of 5-hole muffin pan with baking paper.
- Combine **200g** ground almonds, **100g** dates (finely chopped), **20g** coconut oil (melted), **1tbsp** wheat bran and enough oat drink until mixture forms a coarse paste and clumps together.
- Press the nut mixture firmly over base and side of each muffin's pan hole. Bake for 20 minutes or until browned lightly; cool.
- Carefully remove tart cases; place on a large plate. Refrigerate for **2 hours** or overnight until set.
- Add **1tbsp** Greek style yogurt (**10%** fat) to each tart case. Serve tarts topped with *raspberries* and *blueberries*, or any other *berry*.

**DO-AHEAD:** Tarts can be made a day ahead; keep in the fridge and fill them with yogurt and decorate with berries just before serving.

*"enjoy it!"*

