

Convincing people that food, especially desserts, made without sugar, wheat and dairy can actually taste good, let alone delicious, is an almost impossible task, which is why I adore this chocolate tart. It will convert even the greatest cynics who protest that no dessert free of sugar, wheat and dairy could possibly taste as good as their more sinful cousins. After tasting this, I guarantee your family and friends will admit defeat and beg you for the recipe, as well as another slice!

## chocolate tart

sea salt  
100 g/3½ oz. best-quality  
dark/bittersweet  
chocolate, at least  
70% cocoa solids

Base  
150 g/1 cup pecans,  
lightly roasted  
10 pitted dates  
125 g/4 oz. Scottish  
oat cakes  
1 teaspoon pure vanilla  
extract  
2 tablespoons agave syrup  
2 tablespoons coconut oil  
3 teaspoons unsweetened  
cocoa powder

Filling  
3 avocados, not too firm  
4 tablespoons coconut oil  
6 tablespoons agave syrup  
1 tablespoon carob  
powder  
5 tablespoons  
unsweetened cocoa  
powder  
2 teaspoons pure vanilla  
extract  
3 tablespoons date syrup

20-cm/8-inch springform  
pan, baselined with  
parchment paper

Serves 10–12

To make the base, blitz the dates in a food processor, then add the rest of the ingredients and a pinch of salt and blitz until everything comes together into a sticky ball.

Press into the baking pan so that you have an even and smooth base for the tart. Refrigerate for 30 minutes or freeze for 15 minutes until set.

To make the filling, cut the avocados in half, remove the stones and scoop the flesh into a food processor. Add ½ teaspoon salt, the remaining ingredients apart from the coconut oil, and blitz until smooth.

Melt the coconut oil in a pan over the lowest heat possible – this will only take a few moments. Turn on the food processor and pour the coconut oil into the mixture through the funnel. Once

combined, pour the mixture onto the set tart base and smooth out the top. Refrigerate for at least 2 hours or if you want it to set quickly, freeze it.

When you are ready to serve, warm the chocolate to just above room temperature to make it easier to grate. I find leaving it beside the oven when you are cooking for about 10 minutes does the trick. You want the chocolate to be just beginning to soften – not in any way gooey or melting, just not rock solid, so it grates easily in long strips.

Pop the tart out of the baking pan and transfer to a plate. Liberally grate the chocolate over, so it piles up high. The tart should be served fridge-cold so that it stays reasonably firm. It keeps wonderfully well and can easily be made a day in advance.

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### Guilt-free because...

**Avocados** are high in essential omega fats, which are food for the brain, nervous system, skin and hair. Contrary to popular belief, avocados do not make you fat! In fact, studies have shown that those who have high amounts of healthy fats like avocados (and indeed coconut oil) in their diet are more likely to be a healthy weight.

