



Greek Yogurt Fruit Tart

Ingredients :

- 15 Medjool dates, soaked in warm water for 10 minutes*
- 1 and 1/2 cups raw unsalted cashews*
- 1 cup Greek yogurt (I use vanilla, but any flavor works)
- assorted sliced fresh fruit

Directions :

1. Spray the bottom of a 9-inch pie dish with nonstick spray and line the pan with parchment paper on top. Set aside.
2. Soak dates in warm water for 10 minutes. Drain them and chop in half before using.
3. Pulse the dates and cashews together until thick “dough” is formed and the cashews are all broken up, as pictured above.
4. The dough will be moist from the oil in the nuts. Press evenly into prepared pan and partly up the sides.
5. Spread the yogurt on top of the crust. Decorate with fresh fruit. Slice, serve, enjoy.

