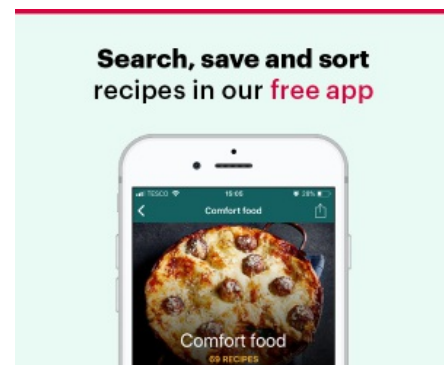


Chocolate orange tart



Method

1. Put the dates in a bowl, cover with boiling water and leave to soak for 20 mins. Meanwhile, whizz the ingredients for the crust in a food processor until combined. Tip the mixture into a 23cm loose-bottomed fluted tart tin, using your fingers to spread it evenly across the base and push into the fluted sides. Cover with cling film and chill while you make the filling.
2. Drain the dates and put in a blender with the zest and juice of 1 orange, the coconut oil, honey and cacao. Whizz together until mostly smooth, then scrape into the chilled crust and smooth with the back of a spoon. Chill for at least 1 hr. Remove from the fridge 10 mins before serving and sprinkle with the remaining orange zest and extra cacao.



Ingredients

For the filling

- 75g dates
- zest 2 oranges, juice of 1
- 50g coconut oil
- 175g clear honey
- 140g raw cacao powder (find it in health food shops or online), plus extra for dusting

For the crust

- 100g coconut oil
- 140g ground almonds
- 175g desiccated coconut
- 2½ tbsp clear honey
- 1 tbsp raw cacao powder



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