

A blog displaying tasty vegan cuisine and inspiring a plant-based lifestyle



Fresh Strawberry Tart with a Gingered Cashew Cream

April 6, 2010 by Soundly Vegan



Strawberry Tart with Gingered Cashew Cream

Ingredients:

- 1 lb fresh strawberries
- 1 cup raw cashews
- 1 bottle Reeds Extra Ginger Beer
- 1 cup assorted raw nuts and seeds of your choosing [sunflower seeds, almonds, walnuts, cashews, macadamia etc]
- zest of one lemon, divided
- agave syrup
- sea salt

Directions:

Soak the cashews in the ginger beer for at least an hour.

Slice the strawberries and toss with a squirt of agave syrup, perhaps a tablespoon's worth. Set aside.

Drain the cashews, reserving $\frac{1}{2}$ cup of the ginger beer. Blend the cashews together with the $\frac{1}{2}$ cup ginger beer and a pinch of salt until smooth. Sweeten with agave to taste [1 T should do it.]

Add 1 cup of assorted seeds and nuts of your choosing to a food processor along with $\frac{1}{2}$ the lemon zest. Process until crumbly. Add agave syrup until the nuts begin to clump. Remove nut mixture and press into individual tart pans that have been treated with a non-stick spray. [You could also just lightly press some onto a plate.] Unmold and place on a plate. Top with the strawberries and cashew cream. Garnish with the remainder of the lemon zest.

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