

# Pear Almond Tart

VEGAN + GLUTEN FREE + SOY FREE



## Ingredients:

### Crust:

- 1/3 cup sugar
- 1 cup coconut flour
- 1/4 cup brown rice flour
- 1/4 cup vegetable shortening
- 2 tablespoons brown rice syrup

### Cashew Cream:

- 1 1/2 cup raw cashews
- 1/3 cup water
- 1/4 cup maple syrup
- 1 1/2 teaspoons vanilla
- (1/2 cup sliced almonds)

### Pears:

- 2 pears
- 1/8 cup sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg

## Instructions:

### Crust:

Preheat oven to 325 degrees.

Combine sugar, coconut flour, and brown rice flour in a mixing bowl. Add in melted earth balance and brown rice syrup and stir well. Mixture will begin to form crumbles. Press entirety of crumbly mixture into a 9 in spring-form or pie pan.

Set aside.

(cont...)

### Cashew Cream:

Combine the first 4 ingredients listed above into your food processor on high for 3-5 minutes.

(You want the cashews to whip into a thick cream-like consistency.)

Once the cashews have become 'cream', pour the entire mixture into the set aside crust. Use a spatula to smooth out the cream mixture...and taste test the batter.

Once the batter has been poured into the crust, top with the almonds, spreading evenly.

Almonds can be purchased pre-sliced, or easily cut. Just whip out some almonds, a big knife, and a cutting board. Easy peasy!

### Pears:

Cut pears into slices by cutting in half lengthwise, then beginning at the top and working your way to the bottom, make about 1/8-1/4 inch slices. Do this for both pears. Discard or compost the leftover core.

Pour sugar, cinnamon, and nutmeg into a bowl. Stir to combine.

Add pear slices, using a wooden spoon to toss them with the sugar and spice mixture.

Once tossed, lay pear slices on top of cashew cream and almond layer.

Layer slices slightly on top of each other, the smaller ends coming together in the middle.

Bake at 325 degrees for 30 minutes, or until pears soften. test pears with a toothpick if needed.

Enjoy!