



Raw Mango Coconut Tartlets



Raw Mango Coconut Tartlets:
(Adapted from [Fragrant Vanilla Cake](#))

Makes 6

Ingredients:

Crust:

1/2C Almond Meal (a scant 1/2 cup whole almonds ground in a food processor)
1/2C Shredded coconut
3/4C Dates (Prunes also work!)
1/8t Salt

Mango Layer:

1T Agar flakes
6T Hot water
1 1/2C Diced mango
3T Lemon juice
2T Agave nectar
1T Coconut oil, melted
3T Coconut butter, melted (I used homemade but also recommend [Artisana brand](#))

Coconut Flakes to serve

Recipe from coconutandberries.com

<http://coconutandberries.com/2013/06/07/raw-mango-coconut-tartlets/>

Method:

Combine ingredients for the crust in a food processor, adding the dates in gradually as you may need more or less depending on how soft they are. The mixture should start to stick together.

Divide the crust mixture between 6 silicone muffin cases (or any tart tins you have, even ramekins lined with cling film). Press firmly to form a base. Put the tartlets in the fridge or freezer to firm up while you make the mango layer.

For the mango layer, dissolve the agar flakes in hot water and leave to cool while you get the other ingredients ready. In a blender, blend together all the remaining ingredients until you get a smooth, creamy consistency. Taste for sweetness, you may want a touch more agave or lemon juice depending on your preference and the ripeness of your mango.

Divide the mango cream between the cases and tap down hard on a counter to remove air bubbles. Place in freezer for a few hours to firm up completely before removing from the cases. Pop tartlets out of cases and allow to sit in the fridge or at room temperature until the filling has softened up. Not too long or it will melt everywhere! Top with coconut flakes to serve

(Stored in the freezer these will keep for several weeks)