



# This Healthy No-Bake Strawberry Tart Recipe

*Original recipe created by Holly Waterfall / Published in SuperHealthykids.com*

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## Ingredients

### Crust:

1½ cup, chopped – walnuts or pecans

¾ cup – oats

10 each – dates, Medjool

### Filling:

1½ cup (½" cubes) – tofu, soft

½ teaspoon – vanilla extract

¼ cup – pure maple syrup

1 – medium lemon

1 ½ cup – sliced strawberries

## Directions

To make crust, add all crust ingredients to a food processor. Pulse until the mixture is completely chopped and starts to come together to a sticky consistency. If you press on it, it should stick together. Place crust mixture in a deep dish pie plate or tart pan and press to the bottom and sides of the pan. Set in the fridge or freezer while you prepare the filling. For filling, add drained tofu, lemon juice, vanilla, and sweetener of choice to blender and blend until creamy and smooth, scraping down edges as needed. Adjust flavors to desired level of tartness/sweetness. Remove crust from the fridge or freezer and pour filling on top. Let set in the fridge for at least 1–2 hours. You could even freeze it for up to 30 minutes for a firmer texture. Once you are ready to serve, neatly place sliced strawberries on top of the filling and serve immediately.



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