

# Healthy Lemon Tarts

by [mywholefoodlife.com](http://mywholefoodlife.com)

## Ingredients

For the crust:

- 2 cups [raw pecans](#)
- 8 [medjool dates](#) (pits removed)
- 2 T [coconut oil](#) (softened)
- 1/2 tsp [sea salt](#)
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For the filling:

- 1 cup [raw cashews](#) (soaked overnight)
- 1/3 cup [canned coconut milk](#) (full fat)
- 3 T [maple syrup](#)
- Juice from 1 medium sized lemon
- optional: (You can add 1 tsp lemon zest for an even stronger lemon flavor.)

## Instructions

- In a [food processor](#), combine the ingredients for the crust. You will get a wet, loose dough.
- Press the dough into greased tart shells. I used [4 inch tart shells](#) and got 4 tarts. You can probably do 1 large tart as well.
- Stick the tart shells in the fridge to firm up while you make the filling.
- Combine all the filling ingredients in a food processor or blender and blend until smooth.
- Pour the filling into the tart shells and stick them back in the fridge to firm up. I would give them a good 4 hours to set. If you can wait overnight, that is even better.

Store the tarts in the fridge. They should last at least 7-10 days. Enjoy!