



Makes 12 tartlets
Preparation Time: 30 minutes
Cook Time: 4 hours 30 minutes

INGREDIENTS:

¼ cup + 2 tablespoons pure maple syrup

1 tablespoon lemon juice

½ teaspoon arrowroot powder

1 pinch dried lavender flowers

1 cup fresh or frozen blueberries

1 cup rolled oats

½ cup whole wheat flour + more as needed

½ cup + 2 tablespoons raw cashews

Dash sea salt

1½ teaspoons pure vanilla extract

2 pears, peeled and cored

Blueberry Tartlets

With a luscious vanilla filling, saucy jewel-toned topping, and wholesome, perfectly crisp crusts, these mini blueberry tarts are a treat for the eyes and the taste buds. You don't need special pans to turn out fancy little tartlets—a muffin mold does the trick. The crust calls for whole wheat flour, but you can use any whole grain flour you like.

By Darshana Thacker Wendel

- 1 In a skillet combine 1 Tbsp. of the maple syrup, the lemon juice, arrowroot, and lavender. Bring to a gentle boil. Add blueberries. Simmer 3 to 4 minutes or until mixture thickens, stirring occasionally. Let cool.
- 2 Preheat oven to 350°F. Line the bottoms of 12 silicone muffin molds with parchment. For crust, in a food processor place oats, ½ cup flour, the 2 Tbsp. cashews, and the salt. Cover and process to a fine meal. Add ¼ cup of the maple syrup and 1 tsp. of the vanilla. Cover and pulse until dough starts to cling together.
- 3 Spoon 1 Tbsp. of the crust mixture into each muffin mold, pressing into the bottom and up sides of molds to make a ¼-inch-thick crust. If mixture is too sticky to work with, moisten your fingers with water while working. Bake 20 to 30 minutes or until slightly brown around edges. Cool in molds about 15 minutes. Remove crusts from molds, leaving parchment attached to bottoms.
- 4 For filling, in a bowl soak the remaining ½ cup cashews in ½ cup hot water 20 minutes. Drain and transfer cashews to a blender. Add pears, the remaining 1 Tbsp. maple syrup, and the remaining ½ tsp. vanilla. Cover and blend until smooth, scraping down sides of blender as needed. Spread a spoonful of filling into the base of each tart crust. Place the tarts on a tray; cover and chill 4 to 6 hours.
- 5 Just before serving, top each tartlet with a spoonful of the Blueberry-Lavender Topping.