

For Valentines Day I wanted to make something exciting and different. A recipe came to me via email and I was excited to whip it up! I am not a recipe creator; however, having had many food challenges over the years, I have become quite adept with swapping ingredients for better quality and/or allergy safety. This recipe was already on the healthier side of desserts; however, I knew a few things needed to be changed in order to make it better for me and those who seek dairy free and gluten free options. The recipe you see to the right is my adaptation of this savory sweet treat.

The first thing that may seem like a big deal is the necessary equipment. I do not have a rectangular tart pan and I did not worry about this. I used my round tart pan with the removable bottom. So, it was round instead of rectangular and it tastes amazing!

When infusing the cream with rosemary, be sure to leave the rosemary in the cream for at least 30 minutes. This gives a mild hint of rosemary. Leaving the rosemary in for 1 hour gave a substantial boost to the flavor which melded quite nicely with the dark chocolate, coconut cream, and vanilla flavors. I would not recommend leaving the rosemary in the cream any longer, unless you are a serious rosemary lover.

My favorite part of this dessert is the delectable buttery and nutty crust!

Why change the recipe? The original recipe calls for heavy dairy cream. Cows milk often cause challenges for the digestive tract; therefore, I chose to use [coconut cream](#) which has a very rich and thick texture. I upgraded from granulated sugar to [coconut palm sugar](#) because it is low glycemic and it does maintain some beneficial [nutrients](#). For the chocolate, I added a range so you can have a sweeter dark chocolate or a very dark chocolate based on your taste buds. I went to [Abundance Co-Op](#) and bought their organic chocolate disks in the bulk section. I also used [pink Himalayan sea salt](#) because of the mineral content in this salt.

In the testing process, I made this tart three times. Thankfully I had many people to share with over the Valentines week. Sharing food from the heart and a love of creating in the kitchen is a joy for me. If you have a recipe that you love and tucked away because of food challenges, [send it to me](#) and I will find alternatives for you so you can love it once again!

From my kitchen to yours,

Michele

DARK CHOCOLATE–ROSEMARY TART

Adapted from www.thrivemarket.com/blog

Yield: 8 servings

Active Time: 20 minutes

Total Time: 1 hour and 30 minutes



INGREDIENTS

For the crust

- 2 cups ground raw walnuts
- 1/2 teaspoon pink Himalayan sea salt
- 2 tablespoons butter
- 1 large egg
- 6 tablespoons coconut palm sugar

For the filling

- 1 can full fat coconut cream
- 4 sprigs rosemary, needles roughly chopped
- 14 ounces 70 % or greater dark chocolate, chopped
- 6 tablespoons butter
- 2 large eggs, lightly beaten
- 1/4 cup coconut palm sugar
- Large pinch pink Himalayan sea salt
- 1 teaspoon vanilla extract

INSTRUCTIONS

Preheat oven to 350 degrees.

Infuse the cream

Combine cream and rosemary in small saucepan and bring to a gentle boil. Turn heat down to low and let simmer a couple minutes. Cover, turn off heat, and set aside to infuse, 30—60 minutes.

Make the crust

In a large bowl or food processor, combine all ingredients for the crust until it comes together as dough. Evenly press into bottom and sides of tart pan with removable bottom. Bake 10 minutes.

Make the filling

Strain the cream and discard the solids. Using a double boiler, simmer 2 inches of water in the bottom pan and then place the top bowl/pan on top and add in the cream, chocolate, and butter. Whisk chocolate mixture until melted and smooth. Remove the bowl from heat and let sit 2 minutes. Whisk in eggs, sugar, salt and vanilla.

Assemble the tart

Spoon filling into crust. Place in center of oven on a piece of foil or another pan and bake in oven about 20 minutes, until filling is set but still jiggly in center. Cool completely. Refrigerate up to 3 days.