

# BLUEBERRY *Lemon* Tarts



## Ingredients

### CRUST INGREDIENTS

- 1 cup pecans
- ½ cup cashews
- ½ cup Medjool dates, pitted
- ½ tsp. cinnamon
- Pinch of sea salt

### FILLING INGREDIENTS

- 1 cup plain Greek yogurt
- 1 ½ Tbsp honey
- ½ tsp vanilla extract
- ½ tsp lemon zest
- 1 tsp fresh lemon juice

### TOPPING

- Half-pint container (or 1 cup) fresh blueberries

## Directions

1. In food processor, blend together the crust ingredients until crumbly.
2. Line each cup of muffin pan with a parchment paper liner. Press crumb mixture firmly into bottom of each liner and freeze for at least 1 hour (preferably overnight, the firmer the better as crust gets soft quickly!).
3. While crust is setting in freezer, combine the filling ingredients in medium-sized bowl. Cover & place in fridge until ready to use.
4. Remove muffin pan from freezer. Remove each crust gently by pulling up on liners and placing onto a plate. Scoop a spoonful of yogurt filling into each cup. Top with fresh blueberries. Serve immediately. Enjoy!

Nutrition Facts (per tart): 120 calories, 9g fat (1g saturated, 8g unsaturated), 9g carbohydrates, 2g fiber, 6g sugar, 3g protein Servings: Makes 12 tarts; 120 calories per tart

## WAC FUN FOOD FACT

It's berries are loaded with phytonutrients that have disease fighting qualities. This crust also incorporates heart-healthy nuts instead of processed grains.



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