

# Vegan Chocolate Mousse Tart by Daniella Nolan

**Prep: 30 -45 minutes**

**Chill: 4-6 hours**

**Bake:15-20 Minutes**

**Serves: 6-8**

## Ingredients: Crust

- 1/2 cup ice cold water
- 1 tsp apple cider vinegar
- 1¾ - 2 cups all-purpose (plain) flour (plus more for sprinkling)
- 2 tbsp corn-starch
- 1 tsp salt
- 2 tsp coconut sugar (or other sweetener)
- 12 tbsp dairy-free butter – cold

## Ingredients: Mousse

- 3 ripe avocados
- ½ cup Fairtrade cocoa powder
- ¼ cup coconut oil
- ¼ cup maple or rice malt syrup
- Pinch salt
- ¼-1/2 can coconut cream
- Fairtrade dark chocolate, berries, violas or pomegranate to garnish

## Method: Crust

(\*The starred steps are not essential; however dough will shrink when cooked if not performed)

1. Combine water and apple cider vinegar in a small bowl. Put in freezer to cool slightly
2. In a large bowl or food processor (with a dough blade), combine all dry ingredients
3. Add “butter” and either blend, or use your fingertips to ‘cut’ in butter
4. Slowly add in the cold-water mixture and combine until only a few bits of loose flour remain. The dough is ready when it can be pinched and hold its shape. If it is too dry add more cold water, but no more than 1tsp at a time.
5. Sprinkle flour over a clean bench, pour out mixture and knead gently into a ball (4-5 kneads are enough)
6. \* Wrap the dough in a clean tea towel and chill in the fridge for an hour. Remove



from the fridge 10 minutes prior to being needed for next steps

7. Roll dough on a lightly floured surface, working from the middle → out
8. Lightly butter the pie tin/tray you will be using
9. Use the rolling pin or a tea towel to spread the dough over the pie tin/tray
10. Fit dough to the tin/tray, press in the corners, remove air bubbles and trim the edges with a knife. Poke holes in the bottom of the crust with a fork
11. Flute (or crump) the borders using fingers or a fork
12. \* Refrigerate for 1 hour covered with a clean tea-towel
13. Bake for 15-20 minutes on 180 degrees C. Cool

## Method: Filling

1. Combine all ingredients in blender or food processor and place on high speed until creamy.
2. Spread in cooled pie crust (or straight into glasses/small dishes should you wish to omit the crust)
3. Chill in the fridge for a few hours
4. Garnish with a drizzle of melted chocolate, fruit or edible flowers.

Can keep in the fridge for up to 5 days (If not eaten before)