

CHARLOTTE PUCKETTE

BLOG - INGREDIENTS AND MORE, DESSERTS

Chocolate Coconut Ganache Tart – Gluten, Grain and Dairy Free

I wasn't sure whether or not to mention in the title that this tart is gluten, grain and dairy free because I want you to first appreciate it for being absolutely delicious and then to love the fact that you can serve it to your GGF and dairy free friends!

And...quite simple to make.

Ingredients

For the almond flour crust:

2 cups (225 g) blanched almond flour (almond meal or almond powder)

2 tablespoons granulated sugar

¼ teaspoon baking soda

¼ teaspoon salt

2 tablespoons (40 g) coconut oil, chilled

1 whole egg

For the ganache filling:

8 ounces (225 g) chocolate best quality dark chocolate

1 ½ cups (250 g) coconut cream (not coconut milk!)

A handful of toasted slivered almonds

Instructions

8 ½ inch or 21 cm non-stick tart shell with a removable bottom. Sides lightly greased and bottom lined with parchment paper.

Preheat oven to 350° F (180° C). Position baking rack on the lowest place in the oven.

Place the flour, sugar, baking soda and salt in medium size bowl. Whisk or stir to mix. Add the chilled coconut oil and use your fingers to rub into the dry ingredients. Add the egg and continue mixing with your fingers until the dough forms a ball.

Press the dough evenly into the tart shell, starting with the sides then moving towards the center of the base. (You may not need all the dough)

Prick the crust several times with a fork over the base and sides. Bake for 14 – 16 minutes or until lightly golden around the edges. Remove and let cool.

Roughly chop the chocolate into small pieces. The chocolate does not have to be perfectly chopped, just make sure the pieces aren't too large so they'll melt easily.

Place the coconut cream into a small pot and heat on the stove until it just begins to simmer. Pour the hot cream over the chocolate in the bowl and let it sit for 2 minutes. Using a whisk slowly begin stirring, starting in the center and working outwards, moving in the same direction until the mixture comes together and you have a nice silky, smooth texture.

Pour the warm ganache into the tart shell. Sprinkle the top with the toasted almonds then place in the refrigerator for 30 minutes to set the chocolate. Remove and serve at room temperature.

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