



## CHOCOLATE AND PEAR TARTALET

MAKES 8 SLICES/ PREPARE 20 MINS / COOK 15/20MINS

### Ingredients

100 g Unsalted butter  
4 Ripe pears, unpeeled  
100g Coconut sugar  
1 tsp Ground cinnamon  
150 g Chocolate dark 70%  
4 Free range eggs  
1 tbsp Cornflour  
2 tbsp Chestnut flour or ground almonds.

### Instructions

Pre-heat the oven to 180 C. Line a 26 cm x 20 cm brownie tray with baking parchment or use individual tartelette tins.

Core and quarter the pears and cut them in slices for easier cooking.

In a pan melt 20g of the butter add the pears, 20g of the coconut sugar and the cinnamon and gently cook for 5 min. This allows the flavours to develop.

In another pan melt the chocolate with the 80g of butter over a gentle heat. Allow to cool for a couple of minutes.

In a bowl combine the eggs with the rest of the coconut sugar and cornflour. Add the chestnut flour or ground almonds, mix well and then add the melted chocolate.

Pour the mixture into the tray or tartelettes and top with the cooked pears.

Bake for 15-20 min until set.

Leave to cool and serve with some yogurt or coconut yogurt.



### Nutrifacts



**Pear** contains good levels of fibre and vitamin C, an antioxidant that helps support the immune system, and some potassium which is important to regulate blood pressure and deficiency may lead to muscle weakness and cramps, constipation & fatigue.

**Dark Chocolate** contains flavanols, a type of flavonoids, that research shows may reduce high blood pressure and maintain healthy arteries. Dark chocolate also contains good levels of antioxidants that help reduce the damage caused by free-radicals. Just remember that the higher the cocoa content (and less sugar as a result), the more health benefits and richer taste!

**Sugar** contains NO nutrients only calories in the form of refined carbohydrates, that's why it is important to only have it occasionally. In order to help balance your sugar levels when eating sweets, ensure they also contain fibre from fruits, vegetables, nuts, seeds or wholemeal flours and protein from eggs, nuts or seeds.