

Plum Tart

Swick

Makes 1 pies | Active Time: 1 hour 45 minutes | Total Time:

Chef's Notes

Unflavored Plant Milk: Plant milk is the term we use to describe the plant-based milk of your choice. Rice, oat, hemp, almond, and soy milk are all varieties of plant milk. Look for unsweetened, unflavored plant milks.

Pure Maple Syrup: Maple syrup is boiled down sap from the maple tree. Make sure to purchase “pure maple syrup” (not “pancake syrup,” “table syrup,” or “maple-flavored syrup,” or even just “maple syrup,” as they contain artificial maple flavor and cane sugar or corn syrup).

Fresh Ginger: To keep fresh ginger readily available, buy a few knobs and store them in your freezer, wrapped tightly in plastic wrap. Peel and grate while still frozen and return the unused portion to the freezer.

Step 1: Make the Tart

- 1 1/2 cups rolled oats
- 3 tablespoons ground flaxseed
- 3 tablespoons almond butter
- 1/4 cup unflavored plant milk
- 6 plums sliced (divided) (≈1 1/2 lbs)
- 1/4 cup pure maple syrup (divided)
- 2 teaspoons cornstarch
- 1 teaspoon fresh ginger, grated
- 1/2 teaspoon lemon zest
- 1/4 teaspoon ground cinnamon

Preheat the oven to 425°F.

PREPARE CRUST

In a food processor (or a high-powered blender), pulse oats, flaxseed, and almond butter until well mixed. With processor (or blender) running, slowly add up to 1/4 cup plant milk until mixture starts to cling together and is slightly moistened.

Press crust onto the bottom and up the sides of 1 (9-inch) tart pan with removable bottom.

BAKE CRUST

Bake crust for 10 minutes, then reduce oven temperature to 375°F.

PREPARE FILLING

In a small high-powered blender (or food processor), blend 1 sliced plum, 3 tablespoons maple syrup, cornstarch, ginger, lemon zest, and cinnamon until smooth.

Pour into par-baked crust and spread evenly.

Place remaining plum slices in a medium bowl and toss with remaining 1 tablespoon maple syrup.

Arrange plum slices in concentric circles over the filling.

BAKE TART

Bake until filling is bubbling around the edges and plums are tender, 45 minutes. Transfer to a wire rack to let cool for 30 minutes.

SERVE

Remove side of tart pan and cut into 6 wedges.