

Mango Tart

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/mango-tart-recipe-pakistani>

Ingredients:

- 1/3 cup unsweetened shredded coconut
- 1 1/2 cups almond flour
- 1 tablespoon coconut oil melted
- 1 tablespoon maple syrup
- 1/4 teaspoon salt
- 13 1/2 ounces full fat coconut milk refrigerated overnight*
- 3 tablespoons maple syrup depending on your tastes
- 1 teaspoon vanilla extract
- 2 mangos ripe

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 49 grams
3. Fat: 47 grams
4. Fiber: 9 grams
5. Protein: 11 grams
6. SaturatedFat: 26 grams
7. Sodium: 190 milligrams
8. Sugar: 35 grams

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