

Raw Gourmet Chocolate-Walnut-Raspberry-Pomegranate Tort

Original Recipe by Jacques Pépin, Renowned Chef and Host of “More Fast Food My Way”

Modified by Jerry “RawJer” Schneble, Executive Director of **Totally Vegetarian**



Thin Crust ¹

1 cup	Walnuts (chopped or pieces)
4	Medjool dates (pitted)
1 oz	100% Cacao Ghirardelli Chocolate Bar
1 Tbsp	Cinnamon
1 tsp	Vanilla Extract

Thick Crust Add 1/2 cup walnuts & 2 dates

Topping

3 cups	Red Raspberries (2 - 6 oz. containers)
1/2	Pomegranate

Preparation: Approximately 30 minutes

- Place all the crust ingredients into a food processor.
- Process until the ingredients form a dough ball.
- Press dough ball out evenly onto a serving plate to form a 7” diameter crust.
- Cover crust with plastic wrap and flatten with second identical plate. Remove plastic wrap.
- Use table knife to clean up any edge irregularities.
- Scalloped edge by pressing dough between thumb and forefinger of one hand and the thumb of the other hand.
- Place raspberries bottom up on the crust in concentric circles starting at the outside edge and working in towards the center.
- In a bowl mash remaining raspberries with a fork to make a raspberry sauce.
- Spoon raspberry sauce evenly over the raspberries on the crust.
- Cut the pomegranate in half and then one of the halves into quarters.
- Inside a large bowl bend the rind of the pomegranate backwards to expose the pomegranate seeds and beat the outside of the rind with a heavy (wooden) spoon to dislodge the exposed pomegranate seeds. The large bowl will prevent the pomegranate juice from splattering all over your work area and clothes.
- Extract the seeds from both quarters of the pomegranate.
- Sprinkle the extracted pomegranate seeds evenly over the raspberries and the raspberry sauce.
- Chill the finished dessert in refrigerator until ready to be served.
- To serve cut dessert into eight pieces.

Nutritional Data ¹ Per Serving: (Serving Size: 3.1 oz. / 88 grams) (8 Servings per Recipe)

Nutrient	USDA #	Amount	Units	USFDA DV	%DV
Water:	255	1.72	fl oz	80	2 %
Energy:	208	182	Calories (kcal)	2000	9 %
Total Fats:	204	12	grams	65	18 %
Saturated Fats:	606	2	grams	20	10 %
Cholesterol:	601	0	mg	<300	100 %
Total Carbohydrates:	205	20	grams	300	7 %
Sugars:	269	12	grams	n/a	n/a
Fiber:	291	6	grams	25	24 %
Protein:	203	5	grams	50	10 %
Sodium:	307	1	mg	2,400	0 %
Potassium:	306	265	mg	3,500	8 %
Calcium:	301	42	mg	1000	4 %
Iron:	303	2	mg	18	11 %
Phosphorus:	305	102	mg	1000	10 %
Vitamin A (IU):	318	53	IU	5,000	1 %
Vitamin C:	401	13	mg	60	22 %
Ash:	207	1	grams	n/a	n/a

¹ Nutrient Analysis for Thin Crust Version of the Recipe using the USDA National Nutrient Database - Release 20