



Banana Cream Pie

I I will post a picture soon of my banana pie!
This is truly delicious!

CRUST:

2 cups brazil nuts
5 pitted dates
2 tbsp carob powder
Water
Almond flour (about 1/2 cup)

Combine all in food processor except the almond flour.
Pour in water slowly. At one point, the dough will take the shape of a ball. It's ready.

Sprinkle the almond flour on bottom of pie pan (9' size) and flattened the dough with your hands. If this is too

Put in the freezer for 10 to 15 mn.

FILLING:

4 to 5 ripe bananas
Juice of 1 lemon
Lemon zest (to taste)
1 to 2 cups shredded coconut (to taste, I love coconut so I go for 2 cups)
2 tbsp Lucuma powder
Stevia or agave nectar to taste (optional)

While the crust freezes or rather chills, combine all ingredients in blender or food processor until creamy
Always taste to check if you need to add some agave or stevia.

Fill the pie shell
You can add a few banana slices on top for decoration
Let it sit in the fridge for at least one hour

W
W
W
.
C
O
M
P
U
L
S
I
V
E
E
A
T
I
N
G
S
U
C
C
E
S
S
C
O
O
A
C
H
.
C
O