



Body and Soul Nourishment

Inspiration for a Healthy Lifestyle

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Maple Pecan Pie (Vegan) with chocolate crust (Gluten Free)

Crust:

1-1/2 cups blanched almond flour
¼ teaspoon sea salt
¼ teaspoon baking soda
2 Tablespoons grapeseed or 1-1/2 Tablespoons melted coconut oil
2 Tablespoons agave nectar or pure maple syrup
½ cup chopped dark chocolate (73% cacao) melted over very low heat
Preheat oven to 350 F. In large bowl, combine almond flour, salt and baking soda. In medium bowl, whisk together the grapeseed oil, agave/maple syrup, and melted chocolate. Stir the wet ingredients into the almond flour mixture until combined. Press the dough into deep dish pie pan or for a better result, use a spring form pan – Grease the bottom of the pan first slightly so crust does not stick. Bake for 8-12 mins until the surface of the crust starts to look dry – careful not to overcook. Remove from oven and cool before filling with pecan filling. Recipe inspired from The Gluten Free Almond Flour cookbook by Elana Amsterdam.

Pecan Pie: 350 degree oven

2-1/2 cups Raw cashews, soaked overnight and drained
1 cup unsweetened vanilla almond milk
¾ cup coconut sugar
½ cup unsweetened applesauce
3 Tbsp fresh lemon juice
2 Tbsp arrowroot powder (Sprouts...)
1-1/2 tsp vanilla
1-1/2 cups pecan halves
¾ cup pure maple syrup

In food processor, grind cashews until they form a thick paste. Gradually add almond milk, processing until smooth and creamy. Add the sugar, applesauce, lemon juice, arrowroot powder, vanilla and pinch of salt and process to mix. Spoon cashew mixture into crust, spreading it smoothly and bake for 30 minutes at 350 F degrees.

In a saucepan, simmer ¾ cup pure maple syrup to a boil. Reduce heat and simmer, stirring frequently for about 5 minutes. Arrange pecans on top of the pie in concentric circles to cover the surface and then drizzle the syrup over the nuts. Bake until the pie is slightly puffed and a toothpick inserted in the center comes out clean – about 20 minutes. Let it cool on a rack, then refrigerate to chill. Serve cold