



cara price

CHOCOLATE PIE

INGREDIENTS

for the crust:

- 1 cup almond flour
- 1 cup arrowroot flour*
- 1/2 cup palm shortening
- 1 egg
- 1 teaspoon maple sugar
- 1/4 teaspoon salt

for the pie filling:

- 2 cans full fat coconut milk
- 1/2 cup maple sugar
- 5 tablespoons cocoa powder
- 3 tablespoons arrowroot flour
- 6 large medjool dates, pitted
- 1 tablespoon vanilla
- 1/4 teaspoon salt

optional toppings:

- shaved chocolate & coconut whipped cream

DIRECTIONS

preheat oven to 350make the crust first ~
place the almond flour, arrowroot flour, salt &
sugar in a food processor.

pulse a couple of times to combine & then
add in the palm shortening.

process until crumbly. add in the egg &
process again until a dough ball forms.

place the dough in a 9" pie plate. press the
dough out evenly & press up the sides of the
plate. poke holes in the dough with a fork &
bake 12-15 minutes until golden brown.

DIRECTIONS - CONTINUED

while the crust is making, pour both cans of
coconut milk in a blender & blend 5-10
seconds, just to combine the fat & water.

remove 3/4 cup of the coconut milk to a
medium size bowl & whisk the 3 tablespoons of
arrowroot flour into it until smooth. set aside.

add the rest of the filling ingredients to the
blender & process on high, 45-60 seconds until
dates are completely puréed. pour the
chocolate mixture into a medium saucepan &
heat over medium-low for several minutes until
thoroughly warmed, making sure it doesn't
boil.

once the chocolate base is warm, quickly whisk
the coconut milk, arrowroot flour mixture into
the chocolate mixture. continue cooking over
medium-low heat & whisk continuously for 3-7
minutes. you will know it's done when the
mixture thickens to the consistency of pudding.

pour the pie filling into the crust. immediately
lay a piece of plastic wrap or parchment paper
over the pie filling {don't seal the edges} & place
in the refrigerator for at least 4 hours.

serve with garnish of coconut whipped cream
& chocolate shavings.