



RAW Coconut/Pecan Berry Torte....

Chocolate Crust:

2 cups almonds* finely ground

1/4 cup cacao or Carob powder

1/4 cup coconut oil, melted

Mix together almonds, cacao/carob and coconut oil. Pat in a tart shell.

*I used almonds that had been presoaked and dried in the dehydrator (optional)

Filling :

2 cups cashews, soaked

1 1/2 cup filtered water

1 1/2 cup coconut oil, melted

1/2 cup coconut nectar

1 cup fresh cranberries, chopped

3/4 cup pecans, chopped

1. In high speed blender, combine cashews and water. Blend until smooth.

2. Blend in coconut oil and coconut nectar.

3. Remove to bowl and stir in cranberries and pecans.

4. Pour into crust. Refrigerate until set. This will take several hours, you may want to make this the night before.

Top with ganache.

Ganache:

1/2 cup cacao/carob

1/2 cup coconut nectar

1/4 cup coconut oil, melted

1. Whisk all ingredients together.



Raw Sweet Potato Pie... Utterly Delicious!!!

For the Crust

1 cup walnuts
3 tablespoons coconut nectar
1 tablespoon raw coconut oil
3/4 teaspoon cinnamon
1/8 teaspoon nutmeg
pinch of salt

Place the walnuts in your food processor. Process till finely chopped. Add all remaining ingredients and process until sticky. Press into the bottom of a spring form pan. Place in the freezer to set.



For the Sweet Potato Filling

3/4 cup coconut butter not oil!

3/4 cup water

1/2 cup coconut nectar

1 tablespoon cinnamon

1 teaspoon vanilla extract or 1/2 vanilla bean

1/2 teaspoon grated fresh ginger

1/4 teaspoon nutmeg

3 cups peeled and chopped sweet potato

Place all ingredients except for the sweet potato in a high speed blender and blend until well combined. Add the sweet potato and blend again until very smooth. Pour over the crust.

For the Candied Walnut Topping

1 cup walnuts, roughly chopped

2 tablespoons coconut nectar

1/2 teaspoon cinnamon

pinch of salt

In a medium bowl, toss all ingredients together until the walnuts are evenly coated. Sprinkle evenly over the top of the pie. Place the entire pie in the freezer for 3-4 hours until set. Thaw 30 minutes before serving.

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