

# Master Class: Raw Desserts



## Raw Pecan Pie

### Base Ingredients

- ✓ 2 ½ cups raw Pecans – Whiz until a fine crumb then add
- ✓ 4 pitted Medjool Dates
- ✓ 2 Tbsp Chia Seeds
- ✓ 2 Tbsp Coconut Oil

### Method

1. Whiz up in a blender/food processor until combined and sticking together well
2. Press this base mixture into the bottom of a round, lined, spring form cake tin
3. Place into the freezer to set for 10-15 minutes

### Filling ingredients

- ✓ NB: soaked nuts overnight (or for a minimum of 6 hrs)
- ✓ 1 ½ cup raw pre soaked Cashews
- ✓ 1 cup raw pre soaked Pecans
- ✓ ⅓ cup Coconut Sugar
- ✓ ¾ cup Coconut Cream
- ✓ ½ cup Coconut oil

### Method

1. Whiz all filling ingredients together until it is a creamy mousse consistency. If mixture is too dry, add coconut cream or oil
2. Pour creamy filling onto the base, level out with a spatula
3. Sprinkle top with handful of chopped pecans
4. Set in freezer for 3-4 hours. It needs to be solid so you can remove from the tin

Can be stored in the fridge, depending on when you want to serve it.