

All Coconut-Cream Pie

HolisticQ Signature Recipe

Have you ever said these words..."this is the best coconut cream pie I have ever eaten"? Well, if you haven't... you will! This pie is all coconut, no processed sugar, and the CRUST is truly amazing! This recipe is for a deep-dish pie.

Ingredients: All organic

Crust

- 2 cups rolled oats
- 1 cup pecans (almonds work too)
- 2 tablespoons coconut sugar
- 8 tablespoons butter (1 stick) ... you can use solid coconut oil as a substitute

Filling

- 4 tablespoons corn starch (or Arrowroot)
- 2/3 cup coconut sugar
- 2 cans full fat unsweetened coconut milk (13.5 ounces each)
- 2 teaspoon vanilla
- 1 cup shredded coconut

Topping

- 2 cans unsweetened coconut milk refrigerated for 1 day in the can. The solid portion of the coconut milk (cream) rises to the top of the can.

*You can purchase coconut cream whipped topping if you want. It is available in most groceries

Make the Pie!

Crust

Blend oats, pecans, and coconut sugar in a food processor until the consistency of crushed graham crackers. Melt butter or coconut oil and mix into the oat crust mixture in a deep dish 9.5-inch glass or ceramic pie dish. Using the smooth bottom of a drinking glass, or your hands, press the crumb mixture to form to the

bottom and sides of the pie dish...pressing firmly. Bake pie crust at 350° for 25-30 minutes. Remove from oven and let cool completely on wire rack, then chill in refrigerator.

Filling

Prepare pudding by adding cornstarch and coconut sugar to a small saucepan and whisk in both cans of coconut milk to avoid clumps.

Place over medium heat and cook until bubbling, whisking frequently. Then reduce heat to low and continue cooking for 3 or 4 more minutes, using a rubber spatula to scrape the sides and bottom almost constantly.

Once it appears "jiggly" and a visible ribbon forms when you drizzle some over the top with your spatula, remove from heat. Whisk in vanilla and coconut flakes and transfer to a glass or ceramic bowl and cover with plastic wrap, making sure the plastic wrap is touching the surface, or it will form a film. Refrigerate until cooled and set - about 2-3 hours. Pour and spread the filling into the chilled crust and return to the refrigerator with plastic wrap again touching the filling.

Topping

Remove coconut milk cans from the refrigerator and scoop out the solid cream into blending bowl. Reserve the liquid "milk" and save for another use. The Coconut cream will be rather thick, almost hard. Blend the cream at medium-to-medium high speed until smooth and airy. Spread the coconut cream over the top of the filling. Cover and chill until served!