



Rhubarb Pie

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan

By: Cuisine l'Angélique

PORTIONS: 8

PREPARATION: 20 MINUTES

COOKING: 45 MINUTES



ORGANIC INGREDIENTS

- 1 9-inch (23 cm) [uncooked pie crust](#)
- 360 g (3 cups) rhubarb, cut into 3/8-inch (1 cm) slices
- 185 g (3/4 cup) regular, canned coconut milk
- 210 g (2/3 cup) maple syrup
- A pinch of salt
- 45 g (1/3 cup) all-purpose flour "[La Merveilleuse](#)"

PREPARATION

1. Preheat the oven to 425 °F (220 °C).
2. Line the bottom of a 9-inch (23 cm) deep plate of the lower and cover with the rhubarb slices.
3. In a bowl, combine coconut milk, maple syrup and salt. Beat vigorously with a whisk and then gradually add the flour, always whisking so that the mixture does not make lumps. Pour over rhubarb.
4. Bake on the bottom rack for 10 minutes, then reduce the oven to 350 °F (180 °C) and cook for 30 to 35 minutes, until the rhubarb is tender and the crust is golden brown.
5. Allow to cool to room temperature, then keep this pie in the refrigerator.

A "spring" pie enhanced by the delicate taste of coconut milk.

TIP

* For those who do not follow a diet excluding dairy products, you can replace coconut milk with 35% cooking cream.

NUTRITION FACTS

270 Calories

Per portion

20 %Fat: 13 g
Saturated 6 g
31 %Trans 0 g
Polyunsaturated: 1,5 g
Omega-6: 0,8 g
Omega-3: 0,5 g
Monounsaturated: 5 g
Cholesterol: 5 mg
1 %Sodium: 30 mg
13 %Carbohydrate: 39 g
8 %Fibres: 2 g
Sugars: 18 g
Proteins: 3 g
2 %Vitamin A
8 %Vitamin C
8 %Calcium
10 %Iron
15 %Magnesium
60 %Manganese
20%Riboflavine