



60 Days to Reclaim YOUR Health

RAW PECAN PIE

From Hallelujah Food Show *Recipes For Life*

Crust: (yes, the fruit is the crust!)

5 bananas, sliced

1 mango, thinly sliced

1. Spread banana slices all around pie plate (bottom and sides).
2. Arrange sliced mango on top of the bananas.
3. Put more banana slices on top of the mangoes.
4. Carefully press the layers down with your hands to form a "crust."

Topping:

1 cup pecans (soaked 6 hours and drained)

1 dozen pitted dates

pinch unrefined salt

3/4 cup distilled water

1. Blend or process until nice and creamy.
2. Spoon over crust, going right up to the edges of the bananas.

Garnish:

1/2 cup pecan halves

3 Tbsp raw unfiltered honey

pinch unrefined salt

water

1. Into a bowl add a small amount of water, honey, and nuts.
2. Stir all around to glaze nuts, then add unrefined salt.
3. Decorative the top of pie in whatever arrangement you choose.
4. Chill and enjoy.

60 Days to Reclaim YOUR Health



FESTIVE STRAWBERRY PIE

Yield: one 9" pie

The strawberries: 4 cups sliced strawberries, set aside in a large bowl.

The binder:

6 pitted dates (soaked 4-6 hours, save soaking water)

3 cups strawberries, quartered

agave nectar, maple syrup, date sugar or stevia to taste (pick one)

4 tsp psyllium husks, ground

1. Place strawberries and dates in a heavy duty blender (VitaMix or BlendTec) and process until creamy, adding date soaking water as needed to make a thick puree.
2. Stop blender and taste. Add sweetener, if needed.
3. Turn blender back on and gradually add the psyllium husks during blending.
4. When thoroughly mixed, pour over the strawberries you set aside and mix well.
5. Pour into pie crust (recipe below), chill at least one hour and serve. Best served within 4 hours of making.

The crust:

1 cup pecans (soaked overnight, drained and dehydrated 12 hours)

1 cup walnuts (soaked overnight, drained and dehydrated 12 hours)

1/2 cup almonds (soaked overnight, drained and dehydrated 12 hours)

1/4 -1/2 cup agave nectar

3/4 cup Medjool dates, pitted

1 tsp unrefined salt

1/2 vanilla bean, ground or 1 tsp pure vanilla

1. Place one type of nut into a food processor with an "S" blade and process until chopped fine; then pour into bowl. Repeat with each other type of nut.
2. Process dates until they resemble a paste then add remaining ingredients to mix well, adding nuts back to processor and process until a ball is formed.
3. Press small pieces of completed mixture into pie plates or muffin tins. Continue until entire pie plate is covered. Wrap in wax paper until ready to fill.
4. Crust may be made ahead of time and refrigerated or frozen. Crust may be used as is or dehydrated for a drier crust. Some of the crust may be put aside to use as crumbles on top of the pie.