

RAW BLUEBERRY PIE

INGREDIENTS FOR A SMALL PIE

20 almonds
5 soaked pitted dates
Half a banana
1 small handful of blueberries
A little water

(To Garnish)

Grated unsweetened coconut
Sliced almonds
Dried Cranberries

INGREDIENTS FOR A LARGE PIE

2 cups of almonds
12 soaked pitted dates
2 bananas
2 cups of blueberries
A little water

(To Garnish)

Grated unsweetened coconut
Sliced almonds
Dried Cranberries

1. Put the dry almonds in a coffee grinder and finely grind.
2. Put the grounded almonds and soaked dates in a food blender and blend until they are stick together. Place the ingredients in a serving dish and pat the ingredients down to make the pie base.
3. Put the of blueberries, chopped bananas and a little water in a food blender and blend.
4. Pour the blended ingredients over the almond and date base.
5. To garnish add the grated coconut, sliced almonds and cranberries on top.
6. Refrigerate for half an hour before eating.

Enjoy - Making life Nutritious and Delicious!

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