



“I Am Bright” Avocado-Lime Pie (from *Primal Cuisine: Cooking for the Paleo Diet*)

The avocado adds creaminess and healthy fat and is an undetectable flavor.

Ingredients

1-1/4 cups pecans (soaked overnight, rinsed and drained, then dehydrated)
1/4 teaspoon vanilla extract
1/4 teaspoon sea salt
3 tablespoons coconut oil or ghee
1 tablespoon warm, filtered water (if needed)
1-1/4 cups unsweetened, shredded coconut
3/4 cup lime juice, freshly squeezed
zest of one lime
Stevita stevia (to taste, or 1/2c. raw, local honey if you're not Paleo)
1 cup mashed, ripe avocado
1/4 cup homemade coconut milk ((see recipe) or more if necessary)
2 teaspoons vanilla extract
3/4 cup coconut oil (melted)
1 large lime (thinly sliced, for garnish)

Directions

Preheat oven to 350F.

For the crust: In the bowl of a food processor, pulse the pecans, vanilla and 1/8 tsp. of sea salt until fine. Continue processing while adding 3 Tbsp. of coconut oil or ghee and warm water until the crust mixture sticks together. Remove the mixture to a bowl and the shredded coconut. Mix well and press crust into a greased 9-inch glass pie pan. Place the piecrust in the oven and toast, 5-10 minutes, watching carefully so crust doesn't burn.

For the avocado-lime filling: In the food processor, blend lime juice, zest, stevia (or honey), avocado, coconut milk, vanilla and 1/8 tsp. sea salt until smooth. With the processor running, add the 3/4c. of melted coconut oil, blending until well incorporated. The mixture will emulsify like mayonnaise. Pour the filling into the prepared crust and refrigerate until firm.

Slice the pie and garnish with lime slices. Serves 8.

Preparation time: 15 minutes, Cook time: 10 minutes, Total time: 25 minutes

Dietary compliance

Dairy-free, egg-free, GAPS/SCD, gluten-free, paleo, vegan, vegetarian

Allergy alert

Tree nuts