

## Sweet Potato Pie

By Birit.com

Yield 8 – 10 servings

### 1st the Crust:

1 cup walnuts  
3 tablespoons agave, maple syrup or honey (not vegan)  
1 tablespoon coconut oil  
3/4 teaspoon cinnamon  
1/8 teaspoon nutmeg  
pinch of Himalayan Pink salt

Whirl the nuts in a food processor with an S-blade until finely chopped. Add all the rest of the ingredients and process until gooey and sticky. Press into the bottom of a 9" spring form pan and place in the freezer while you make the filling.

### 2nd the Filling:

3/4 cup coconut butter (Not coconut oil, butter)  
3/4 cup water  
1/2 cup maple syrup  
3 medjool dates soaked in water for 15 minutes  
1 tablespoon cinnamon  
1 teaspoon vanilla extract  
1/2 teaspoon fresh grated ginger (or 1/4 teaspoon ginger powder)  
1/4 teaspoon nutmeg  
3 cups peeled sweet potato coarsely chopped

Blend all the ingredients, except sweet potatoes, in a high speed blender until smooth. Add sweet potatoes and blend until very, very smooth. Did I say very?

Pour over the crust and return to the freezer.

The pie should stay in the freezer for 3 to 4 hours until set. It's easiest to cut into slices when it's frozen. Then let the slices thaw for about 30 minutes before serving.

### Banana Nice Cream

Using the tamper with a high speed blender, blend several frozen bananas with some cinnamon and vanilla until the consistency of soft serve ice cream. Sprinkle with walnuts or pecans and more cinnamon. I love cinnamon.

You can also try this in a food processor, but the results are better in the blender.

### Coconut Whipped Cream

Place a can of FULL FAT coconut milk in the fridge (that does not have guar gum as an ingredient). When you open the can the thick cream will have risen to the top. This is the part you want to use. Scoop out the cream and put it in a bowl. Save the remaining watery coconut milk for a delicious tropical tasting smoothie with banana, pineapple and mango! Whip the cream with some sweetener and vanilla, just as you would whipping cream. Et voila! Amazingly delicious whipped coconut cream.

### Candied Nuts

Mix a cup of your favorite chopped nuts (walnuts, pecans, hazelnuts, almonds or a combination) with 2 tablespoons maple syrup or honey, 1/2 a teaspoon cinnamon and a pinch of Himalayan pink salt. Sprinkle over pie before freezing.