

Raw banana cream pie recipe

Preparation

Soak 1 cup of almonds for 12 hours and drain off the brown water. Rinse them well.

Crust

1. Place 1 cup of almonds in a food processor and process until finely chopped
2. Set aside the finely chopped almonds in a large bowl.
3. Take 1 cup of pitted dates and place in the food processor.
4. Add 1 tablespoon of cold-pressed olive oil or coconut oil to prevent the dates from sticking.
5. Add 1/2 teaspoon of orange zest (the skin of the orange without any white part).
6. **Optional:** Add the juice of 1/2 of the orange to make the batter softer.
7. Food process until the dates form a ball which spins around the container.
8. Remove and place in the bowl with the almonds.
9. Knead the nuts and dates with your hands until well mixed.
10. Press the crust into a pie dish.

Filling

Fill the pie dish with sliced or diced bananas.

Make a cream filling using pine nuts or macadamia nuts.

1. 1 cup of pine nuts or macadamia nuts,
2. 1/4 cup orange juice, and
3. 2-4 dates blended in a blender until super smooth and creamy.

Pour the cream filling over the top of the bananas and indulge!