



Vegan Key Lime Mini Pies

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Yield: 12 servings

Just half of an avocado gives this smooth and creamy key lime dessert the perfect color without any artificial coloring. Make these in muffin cups for dessert or mini muffin pans for when you just want a bite-size treat. Be careful- they are addictive even if you aren't vegan!

Ingredients:

Crust:

8 graham crackers, crushed or 1 cup gluten-free crunchy cookies

1/4 cup toasted coconut

3 tablespoons vegan butter or melted coconut oil

Filling:

1 cup raw cashews (5 oz), soaked overnight in refrigerator

1/2 of a large ripe avocado, peeled and sliced

1/2 cup coconut milk (be sure to shake the can first)

2 teaspoons lime zest

1/2 cup fresh lime juice (8 key limes or 4 regular limes)

1/3 cup agave nectar

Topping:

1 tablespoon toasted coconut

1 teaspoon lime zest

Directions:

1. Preheat oven to 350. Line 12 muffin cups with parchment paper liners.
2. Combine crushed graham crackers (food processor or zip-top bag and rolling pin) and butter in a small bowl. Place about 2 tablespoons crust mixture in paper liners and press firmly with the back of a spoon. Bake for 6 to 7 minutes or until lightly browned. Let cool completely on wire racks.

3. Meanwhile, drain cashews and process in a food processor 2 minutes or until almost smooth. Add avocado and process 30 seconds or until smooth. Add coconut milk, lime zest and lime juice through the food chute gradually until combined and smooth. Add agave nectar and process just until blended.
4. Spoon about 1/4 cup filling into each paper liner. Freeze at least 4 hours until firm. Let stand 5 minutes before serving.

Notes:

I developed this recipe for Good Day Alabama for the “Healthy Food Trends in 2018”

It can easily be adapted to be paleo and low carb.

Make bite-size pies by using candy-size paper liners in mini muffin pans, a scant tablespoon cracker mixture, and 1 tablespoon of filling. Bake crust only 4 minutes.