

Almond Flour Crust

3 C fine almond flour

4 T. honey

4 medjool dates, pitted and soaked in water for about an hour

1/4 C coconut oil/cream

1/2 tsp. sea salt

Blend all ingredients together in food processor and press into pie plate.

Can be used raw or baked.

Ground Almond Crust

1 1/2 cup finely ground almonds or almond meal

3-5 t raw cane sugar

Mix well, Press into a pie plate or baking dish and bake 10-15 minutes at 350° Fill with your favorite pie filling.

Ground Almond Crust 2

1 1/2 cups almond meal or finely ground almonds

1 Tablespoon raw cane sugar

2 Tablespoons melted butter or coconut oil

Mix well, press into a pie plate or square baking pan and bake 10-15 minutes at 350°

Chocolate Crust

2 Cups of RAW almonds, walnuts or pecans

Grind in a food processor until texture of flour

Add 1 cup of dates and grind/pulse until it sticks together and you can form a ball that when you break it in half it won't break. You may need more dates depending on the softness and size of dates.

Add ¼ Cup of cocoa and 1 Tablespoon of Vanilla and blend.

Press crust into a pan, top with your favorite filling.