

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Chocolate Pie with a Walnut Crust (Paleo-Style)

From [www.nomnompaleo.com](http://www.nomnompaleo.com)

### For the crust:

1 cup walnut halves, and pieces  
4 Medjool dates  
1 teaspoon ground cinnamon  
1 pinch sea salt

### For the filling:

1 cup coconut cream  
3 ounces dark chocolate  
8 Medjool dates  
1/4 cup coconut oil  
2 teaspoons vanilla extract  
1 cup coconut whipped cream

### Coconut whipped cream:

1 1/2 cups coconut cream  
3 tablespoons maple syrup, plus more to taste

Chill a metal bowl in the freezer. Remove bowl from freezer and add coconut cream to the bowl. Beat coconut cream with a hand mixer. As coconut cream begins to thicken, gradually drizzle in maple syrup, adding to your taste. Continue beating until whipped cream is stiff. Serve immediately or store in fridge in an airtight container for up to 10 hours. When ready to use, re-whisk for 10 to 15 seconds.

### For the crust:

1. To make the crust, in a food processor with an "S" blade, purée the walnuts, dates, cinnamon, and salt for about 20 seconds or until very fine.
2. Transfer the crust mixture to a glass pie dish, and press it across the bottom and halfway up the sides.
3. Rinse the food processor.

### For the filling:

1. Use the cream at the top of a can of separated full-fat coconut milk. To get it to separate, refrigerate a couple of cans overnight.
2. In a small saucepan, melt the chocolate and then add the coconut cream to heat just slightly. (You can also microwave it for 45 seconds in a glass measuring cup.)
3. Add the heated coconut cream, dates, chocolate, coconut oil, and vanilla extract to the food processor, and purée for 1 minute or until the filling is dark and completely smooth.
4. Pour the filling over the crust and chill to set.
5. When you're ready to serve the pie, top it with whipped coconut cream.
6. Store any uneaten pie in the refrigerator.