

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Nut Butter Chocolate Chip Pie

From www.cookingTF.com

This recipe was a hit with everyone!

Serves 8

½ cup organic unrefined and unbleached whole cane sugar (sukanat)*
½ cup spelt or whole wheat flour (sorghum flour works well for a gluten-free flour)
2 eggs
1 cup coconut milk solids**
2/3 cup nut butter***
Dash salt
½-1 cup chocolate chips (The darker the chocolate, the less sugar, and the better for you.)

1. Preheat the oven to 350°.
2. Place the sucanat, flour, eggs, coconut milk, nut butter, and salt into a mixing bowl. Combine with a hand blender until smooth. Stir in the chocolate chips. Pour into an ungreased 9-inch pie plate and bake for about 35 minutes, until a knife inserted in the center of the pie comes out clean.
3. Serve hot or cold.

*You can find this at the Bogey Hills Dierberg's store. Wholesome Sweeteners is the brand name. If you can't find this, use the least refined sugar you can, or even try honey.)

**To obtain coconut milk solids, place a can of coconut milk in the refrigerator and allow the contents to solidify before measuring. Use the thin milk left over for smoothies.

***Almond butter works well in this recipe, and is a healthier alternative to peanut butter. You can also use sunflower seed butter. You can find these butters at some grocery stores, and www.naturallynutty.com has organic almond, peanut and sunflower seed butters in many different flavors.