



Lakeland Natural Health

Peanut Butter Banana Pie

*Use Organic Ingredients when possible

Pecan Crust:

2 ½	Cups	Pecans
1	Cup	Dates (I prefer organic Medjool Dates)
¼	Tsp	Celtic Sea Salt

Instructions:

1. Use a glass pie plate or a 10" spring form pan rubbed with coconut oil
2. Process pecans in food processor on high until they form a fine meal
3. Add dates (one at a time allowing them to combine). Continue adding dates until pecan/date mixture forms dough like consistency (you may not use all the dates, or you may need a few extra)
4. Put the pecan/date mixture into pie plate or spring form pan and press down forming a crust

Peanut butter/banana filling:

1		Banana (thinly sliced)
8	Ounces	Cream Cheese
4	Packets	Stevia
1	Tsp	Vanilla extract
1	Cup	Peanut Butter
		Heavy Cream (whip/blend on high to make 8oz of whipped cream)

Instructions:

1. Layer the sliced banana on top of pecan crust
2. Blend cream cheese, stevia, and vanilla together. Add peanut butter and mix well
3. Fold in homemade whipped cream until completely blended
4. Pour over crust and banana slices; chill 2 hours
5. Serve and enjoy