



Lakeland Natural Health

Raw Key Lime Pie

*Use Organic Ingredients when possible

Ingredients for Filling:

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| 1 | Cup | Raw Cashews, soaked in filtered water for 4-6 hours or overnight, and then drain |
| ¾ | Cup | Coconut Milk (full fat) |
| ¼ | Cup | Coconut Oil, melted |
| 7 | | Limes zested and juiced (about ½ cup of juice) |
| 5 | | Dates (pitted) |

Instructions:

1. Add all ingredients to blender and blend on high until creamy. Taste to see if it needs more zest (add lime) or sweetness (add dates). Set aside to pour into crust.

Ingredients for Pecan crust:

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|-----|------|-----------------------------------|
| 2 ½ | Cups | Pecans |
| 1 | Cup | Dates (pitted and tightly packed) |
| ¼ | Tsp | Celtic Sea Salt |
| 2 | Tbsp | Filtered Water |

Instructions:

1. Process pecans in a food processor until they form a fine meal
2. Add salt
3. Add dates (one at a time) until dates are mixed in well
4. Wipe inside of a 10" spring form pan with coconut oil and put pecan mixture in forming a thin crust (pat down pecan/date mixture)
5. Add lime filling
6. Refrigerate pie until ready to serve

*The above is dairy free ... If you're not dairy adverse you can add ½ bar of cream cheese to filling