

Date Pie with Orange Cashew Drizzle

Date Squares/Pie:

Ingredients: dates, orange

This is my Raw healthy version of the traditional date squares my Mom made.

Filling: makes an 9" pie plate or square pan

In your food processor add the following:

- 2 cups drained organic dates (that have been pitted & soaked until soft)
- 1 large fresh orange, peeled

Process until creamy – put aside

Date Crust:

Ingredients: pecans, pumpkin seeds, coconut, oatmeal, dates

In your food processor add the following and make into a crumble:

- ¾ cup of each: seeds & pecans (soaked for 2 hours then drained)
- 10-20 pitted dates (if you dates are hard soak until soft then drain)
- ¼ cup oatmeal
- 2 tbsp. coconut

This needs to be well mixed and should be crumbly sticking together so add the dates a few at a time.

Grease your 9" square pan (or 9" pie plate) with coconut oil and spread the seed/nut/oatmeal mixture about 1 inch thick.

Cover with a good layer of your date filling and garnish with orange pieces and coconut (or oatmeal)

You can serve as is or cover this with another layer of the oatmeal mixture, pat down and serve as date squares

You can also serve it warmed by dehydrating for 1-2 hours at 105F

Drizzle each piece with the Cashew Drizzle below.

It keeps well in the fridge for 3-5 days (if you can keep the family from eating it the first day).

Cashew Drizzle: makes about 1 cup

Step 1: Soak the dates and cashews for 4 hours then drain off water and put aside to use to thin it (the longer they soak the softer cream it will make).

- ½ cup raw cashews
- 3-5 dates pitted
- 1 cup water (enough to cover the nuts completely)

Step 2: Put the drained nuts and dates in your mini blender and process with about ½ cup of the water – keep adding water until you get the consistency you want.



Apple Berry Crisp with Cashew Cream

Ingredients: serves 4

Step 1: Soak 7 dates and ½ cup cashews in water for 4 hours
Drain (keeping the water for the Cashew Sauce below)

Step 2: The batter

Put the 3 of the drained dates into your food processor and add:

- 2 Apples (diced)
- 2 cup fresh or frozen strawberries (or mixed berries)
- 2-4 tbsp water (if using frozen you will not need this)
- 1 tsp cinnamon & ½ tsp nutmeg

Step 3: Process until broken up but still lumpy

Step 4: Put into a bowl and add ingredients below and mix well

- 1 cup oatmeal
- ¼ cup coconut flour
- 1 tsp baking powder
- 1 tbsp coconut sugar
- ¼ cup coconut milk
- ¼ cup whole blueberries (fold these in carefully)

Step 5: take a 9" square baking dish that has been oiled with coconut oil and bake for 20 minutes in a 325F oven
Serve with the sauce below

Cashew Coconut Sauce: make 1 cup

Put the following into your blender and blend until creamy:

- ½ cup date water (add more if needed)
- 4 of the drained dates
- ½ cup chopped cashews (soaked then drained)
- 2 tbsp shredded coconut

Step 6: In a dessert bowl scoop out a large spoonful of the berry crisp for each person then add a dollop of the Cashew Cream and garnish each one with some sliced fresh strawberries.

