

COCONUT PIE CRUST

1½ c dessicated coconut (can whiz to make finer)
2 T wholemeal flour (or corn flour)
pinch Celtic sea salt
nut milk or soy milk or juice, approx ½ c

Combine coconut and flour. Add enough nut milk to bind. Press into oiled pie plate and bake for 12-15 mins at 180°C. This tends to burn easily.

BUTTERSCOTCH PIE

¾ c carrot
¾ c water
¾ c pitted dates
3 c soy milk
½ t salt
1½ t maple syrup
1 t vanilla
⅓ c corn flour

Cook carrot in water until tender. While hot, add dates to saucepan and allow to sit until soft. Blend remainder of ingredients adding carrot mixture and blend all ingredients on high until smooth. Place mixture in a saucepan and bring slowly to a boil, cooking until thick. Let cool a little and place in a cooked pie crust. Serve with Soy Cream.

SOY CREAM

1 c soy milk
Pinch Celtic sea salt
1 T honey
1 t vanilla
¾ c rice bran oil
1 t lemon juice

Place first 4 ingredients in a blender and blend on high for about 20 seconds. Drizzle in oil slowly and when all oil is added, blend for an extra minute on high. Turn blender to low and fold in lemon juice. The honey needs to be a gentle flavour eg Yellow box, Citrus. The oil needs to be light in flavour eg rice bran oil.

TANGY LEMON PIE

½ c warm water
1 t agar powder (slightly rounded)
⅓ c raw cashews
⅓ c coconut
⅓ c honey (or to taste)
¼ t Celtic sea salt
2 T finely grated lemon rind
1½ c water
1½ c fresh orange juice
6 T arrowroot
5-6 T fresh lemon juice

In a saucepan stir agar powder into the warm water and simmer for a minute until dissolved. Pour this into a blender, add cashews, coconut, honey, salt, lemon rind and arrowroot with 3 cups of the water and juice. Blend until very smooth. Return to saucepan and heat on low, stirring to avoid

sticking. Stir constantly until mixture comes to a boil and thickens. Remove from heat and stir in lemon juice. Pour into a pre-baked pie crust. Chill until firm.

This can be served without the pie crust. Serve with dairy free whipped cream.

This pie can be made with different juices, but the fresh orange is especially nice.

WHIPPED TOPPING (for icing or desserts)

1 c water
2 t agar agar powder (slightly heaped)
½ raw cashew nuts
¼ - ⅓ honey
½ Celtic sea salt
1 t vanilla
1 can coconut milk (or 2 cups soy milk)

Stir together the agar and water, bring to boil and simmer for 1 -2 minutes. Place remaining ingredients in blender and blend thoroughly until very, very smooth. Add agar mixture and add enough extra water to blender to make a total mixture of 3½ - 4 cups. (3½ c for icing, 4 c for whipped topping). After blending, pour into container, or leave entire mix in the blender, place in the fridge and allow to chill for several hours. (Since this recipe needs blending twice, you can leave the blended mixture in the blender to save the work of washing the blender twice). The mixture is almost sliceable. Place the chilled mixture back in the blender (if your blender is lightweight, use only half the mix at a time). Break up the mixture with a knife before blending. Blend until it is the consistency of a thick cream. Try not to add more liquid when blending. The mixture will eventually be turned by the blades and become quite creamy if you carefully push it towards the blades with a spatula. You may need to stop and start the blender a number of times to get this nice and creamy.

This topping can be frozen and used without reblending.

There are other variations for this cream, but this one is particularly nice.

POLENTA CHEESE

1 cup water
½ cup polenta (or cornmeal)
½ cup raw cashews or dry roasted peanuts
¼ red capsicum or 1 teaspoon of sweet paprika
1 teaspoon Celtic sea salt
1 teaspoon onion powder
¼ teaspoon garlic powder
1 teaspoon lemon juice
1-2 tablespoons yeast flakes (optional)

Place all ingredients into a blender and blend for at least one minute until completely smooth. Pour into a small lightly oiled small loaf pan or dish and bake covered at 190 degrees for 45 minutes. Cool and slice for sandwiches or crackers. It can even be grated over a salad.

Make sure the mixture is about 4 cm deep in the pan as this will give the appearance of a block of cheese, as well as having a nice cheesy taste.-