

Herbal Legacy Recipes

Mango Pie

Contributed by Michelle Nagel a Master Herbalist and Herbal Legacy Newsletter subscriber
This pie is so healthy and guilt-free, we even eat it for breakfast.

CRUST:

- 2 cups raw almonds (or walnuts or pecans)
- 1 cup unsweetened shredded dried coconut
- 1/2 cup pitted dates

In a food processor, process the nuts and coconut together until the lumps are gone. Do not over process. Add the dates and process until the mixture resembles coarse crumbs that stick together. Press into a pie plate.



FILLING:

- 2 fresh mangos, peeled and cut up
- 1/2 cup dried mangos, (cut into pieces with scissors), soak 10 minutes and drain sliced
- kiwifruit, raspberries or blueberries (optional)

In a blender, process the fresh and soaked dried mangos until smooth pudding consistency). Pour into the crust and decorate with kiwifruit, raspberries or blueberries if you wish.

Serves 4-8

Adapted from a recipe by Jennifer Cornbleet in Raw Food Made Easy for 1 or 2 people.

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