

Desserts

Summer Fruit Piewww.DrFuhrman.com**Serves:** 8**Preparation Time:** 30 minutes**Ingredients:****PIE SHELL**

- 1 cup almonds
- 1 cup dates, pitted (medjool if available)
- 2 tablespoons unsweetened shredded coconut

PIE FILLING

- 2-3 bananas, sliced
- 1 teaspoon lemon juice
- 2 kiwis, sliced
- 1 quart organic strawberries, sliced,
- 1 pint blueberries,
- 1/2 cup vanilla soy, hemp or almond milk
- 1 1/4 cups frozen strawberries or 1 pint fresh organic strawberries
- 2 dates, pitted

Instructions:

Make pie shell by placing almonds in a food processor or high powered blender and processing until very fine. Add dates and process until chopped and mixed well. Remove from food processor and hand knead with shredded coconut. Add a small amount of water if needed to hold mixture together. Press into a 9 inch pie plate to form shell.

To make the filling, spread bananas on the crust, pressing down slightly. Sprinkle lemon juice over the bananas. Place kiwis, strawberries and blueberries over the bananas. If desired, reserve some fruit to decorate top of pie.

Add the soy milk, frozen strawberries and dates in a blender and blend until smooth. Pour blended mixture over the fruit. Decorate with additional fruit as desired. Cover and freeze for at least two hours before serving.

Per Serving:

CALORIES 306; PROTEIN 6g; CARBOHYDRATES 53g; TOTAL FAT 10.7g; SATURATED FAT 1.6g; SODIUM 12mg; FIBER 9.3g; BETA-CAROTENE 72ug; VITAMIN C 87mg; CALCIUM 100mg; IRON 1.9mg; FOLATE 55ug; MAGNESIUM 98mg; ZINC 1mg; SELENIUM 2.4ug

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