

Chocolate Cream Verve-a-licious Pie

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



428 kcal

DESSERT

Ingredients

- ☐ 0.3 cup agave nectar raw
- ☐ 1 avocado pitted peeled
- ☐ 0.3 cup cacao nibs raw
- ☐ 1 dash cayenne pepper
- ☐ 0.8 cup young thai coconut water
- ☐ 5 dates pitted drained for 20-minutes,
- ☐ 1 tablespoon manitoba harvest hemp protein powder
- ☐ 1 cup manitoba harvest hemp seeds shelled

- ☐ 0.8 cup chocolate powder raw
- ☐ 1 tablespoon powder green
- ☐ 1 teaspoon maca powder
- ☐ 0.5 cup meat from one young thai coconut
- ☐ 0.3 teaspoon himalayan crystal salt
- ☐ 10 oz strawberries fresh frozen thawed stemmed (or ,)
- ☐ 1.3 cup coconut or dried shredded unsweetened
- ☐ 0.5 teaspoon vanilla extract

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ spatula
- ☐ tart form

Directions

- ☐ Grind the cacao nibs in your food processor, fitted with the "S" blade, until they're broken up nicely, somewhat of a coarse powder.
- ☐ Add the coconut, shelled hemp seeds, salt and cayenne and process for a few seconds as you incorporate all of the ingredients together.
- ☐ Add the agave and dates and process until the mixture starts to stick together briefly when pressed together between your fingers. Press the crust in to the tart pan until it's smoothly and firmly inside the pan. This crust is a little sticky, so using some coconut oil on you hands, or a tool (spatula) used to press it in, can help.
- ☐ Place the crust in the freezer while you make the filling. Blend all of the ingredients until creamy.
- ☐ Pour the filling on top of the crust.
- ☐ Place the pie in the freezer for about 1 1/2 hours to set. At this point you can slice the pie, top with Sweet Strawberry Coulis and enjoy, or transfer the pie to your refrigerator, or keep it in the freezer until you're ready to enjoy. Blend the ingredients together.

Nutrition Facts

PROTEIN 11.58% FAT 61.12% CARBS 27.3%

Properties

Glycemic Index:42, Glycemic Load:4.03, Inflammation Score:-4, Nutrition Score:12.315652297891%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.81mg, Pelargonidin: 8.81mg, Pelargonidin: 8.81mg, Pelargonidin: 8.81mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 428.11kcal (21.41%), Fat: 30.4g (46.77%), Saturated Fat: 13.91g (86.91%), Carbohydrates: 30.55g (10.18%), Net Carbohydrates: 22.57g (8.21%), Sugar: 18.31g (20.35%), Cholesterol: 0mg (0%), Sodium: 359.81mg (15.64%), Alcohol: 0.09g (100%), Alcohol %: 0.07% (100%), Protein: 12.96g (25.91%), Phosphorus: 378.1mg (37.81%), Manganese: 0.69mg (34.56%), Fiber: 7.98g (31.92%), Vitamin C: 25.62mg (31.05%), Iron: 4.97mg (27.61%), Calcium: 157.78mg (15.78%), Copper: 0.22mg (11.06%), Potassium: 368.94mg (10.54%), Magnesium: 40.88mg (10.22%), Vitamin B1: 0.15mg (9.82%), Folate: 35.05µg (8.76%), Vitamin B6: 0.16mg (7.92%), Vitamin B2: 0.13mg (7.85%), Vitamin K: 7.78µg (7.41%), Vitamin B3: 1.42mg (7.1%), Vitamin B5: 0.56mg (5.6%), Selenium: 3.91µg (5.59%), Vitamin E: 0.77mg (5.15%), Zinc: 0.59mg (3.96%), Vitamin A: 177.31IU (3.55%)