



## Mayan Dark Chocolate Pie



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



60 min.

SERVINGS



8

CALORIES



263 kcal

DESSERT

### Ingredients

- ☐ 0.5 cup agave nectar (can sub maple syrup, if preferred)
- ☐ 0.1 teaspoon cayenne pepper (for some noticeable heat, use the full)
- ☐ 1 cup cocoa powder
- ☐ 0.5 cup coconut flour
- ☐ 0.1 cup original coconut milk beverage (such as So Delicious Dairy Free Original)
- ☐ 2 cups vanilla coconut milk beverage (such as So Delicious Dairy Free Vanilla)
- ☐ 0.3 cup coconut oil
- ☐ 5 tablespoons cornstarch

- ☐ 0.8 cup ground almonds finely (can use almond meal or almond flour)
- ☐ 2 teaspoons ground cinnamon
- ☐ 2 tablespoons vanilla extract
- ☐ 0.3 cup water cold

## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk

## Directions

- ☐ Preheat your oven to 375°F.
- ☐ Combine all of the pie crust ingredients in a bowl, and mix thoroughly with a fork until crumbly. Mash the dough together (with your hands) until it is thoroughly kneaded together and you can form it into a rough ball (it may still be a little crumbly).
- ☐ Place the ball in a greased 9-inch pie plate. Using your fingers patiently mash the crust down until it completely and evenly covers the entire pie plate. Set aside while you make the filling.
- ☐ Combine the coconut milk beverage, cocoa, sweetener, and vanilla in a saucepan over medium heat. Stir constantly until the cocoa is dissolved and the mixture comes to a slow boil.
- ☐ Add the cayenne and stir thoroughly. In a small bowl, whisk the cornstarch in the cold water until dissolved. Briskly whisk the mixture into your saucepan. Turn the heat down to low and continue to cook, while whisking for 2 to 3 minutes, or until the pudding becomes thick and heavy.
- ☐ Pour the pudding into your prepared pie crust, smoothing it out as needed.
- ☐ Bake for 25 to 30 minutes, or until the top of the pie becomes dark and crater like. Allow the pie to cool off for an hour or two before serving with dairy-free ice cream or fresh fruit, if desired.

## Nutrition Facts



 PROTEIN **7.6%**  FAT **49.46%**  CARBS **42.94%**

Properties

Glycemic Index:9.25, Glycemic Load:1.59, Inflammation Score:-5, Nutrition Score:11.745217363472%

Flavonoids

Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg, Catechin: 6.97mg Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg, Epicatechin: 21.12mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 262.96kcal (13.15%), Fat: 15.73g (24.2%), Saturated Fat: 8.96g (55.98%), Carbohydrates: 30.72g (10.24%), Net Carbohydrates: 22.39g (8.14%), Sugar: 12.68g (14.09%), Cholesterol: 0mg (0%), Sodium: 19.93mg (0.87%), Alcohol: 1.12g (100%), Alcohol %: 1.08% (100%), Caffeine: 24.73mg (8.24%), Protein: 5.44g (10.88%), Vitamin D: 31.34µg (208.96%), Fiber: 8.33g (33.34%), Manganese: 0.51mg (25.56%), Copper: 0.42mg (20.84%), Magnesium: 65.2mg (16.3%), Vitamin B12: 0.78µg (13.06%), Iron: 2.17mg (12.06%), Phosphorus: 80.3mg (8.03%), Calcium: 67.9mg (6.79%), Zinc: 0.91mg (6.06%), Potassium: 171.8mg (4.91%), Folate: 13.9µg (3.47%), Vitamin K: 3.58µg (3.41%), Vitamin B2: 0.05mg (3.07%), Vitamin C: 2.38mg (2.89%), Selenium: 1.93µg (2.76%), Vitamin B6: 0.05mg (2.36%), Vitamin B3: 0.35mg (1.76%), Vitamin B1: 0.03mg (1.72%), Vitamin E: 0.17mg (1.16%)