



Mini Coconut Cream Pies



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



12

CALORIES



176 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 0.3 cup plus 3 tablespoons coconut shredded unsweetened
- ☐ 0.5 cup vanilla coconut milk beverage unsweetened so delicious®
- ☐ 0.3 cup coconut oil melted
- ☐ 2 tablespoons maple syrup pure
- ☐ 0.3 cup powdered sugar organic
- ☐ 1 cup cashew pieces raw for 30 minutes
- ☐ 0.8 cup regular gluten-free instant quick (not)

- ☐ 0.3 cup coconut or shredded unsweetened
- ☐ 0.5 teaspoon vanilla extract

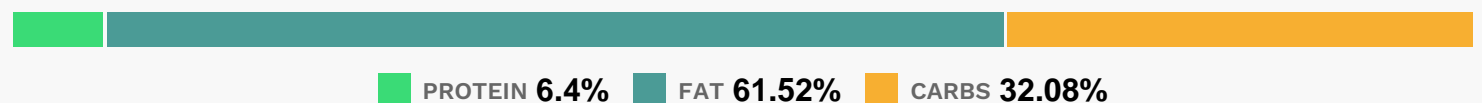
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ muffin tray

Directions

- ☐ Preheat your oven to 350°F. To make the crusts, place oats and coconut in your food processor or a high-powered blender. Grind for 30 seconds.
- ☐ Add the brown sugar and coconut oil, and blend until well combined. Divide the crust mixture evenly into the wells of a greased mini-muffin pan or mini cheesecake pan (a non-stick silicone mold also works wonderfully, and doesn't need to be greased).
- ☐ Bake the crusts for 10 minutes, or until golden brown. Allow them to cool in the pan while you make the filling. To make the filling, drain the cashews and place them in your food processor or a high-powered blender along with the coconut milk beverage and maple syrup. Blend on high for 1 to 2 minutes, or until creamy.
- ☐ Add the melted coconut oil, 1/4 cup shredded coconut, powdered sugar, and vanilla. Continue to blend on high until smooth and creamy. By hand, stir in the remaining 3 tablespoons shredded coconut.
- ☐ Pour the coconut mixture into the wells of the pan, over the cooled crusts. Carefully place the pan in your freezer (keeping it level), and allow the pies to chill and firm up for 1 to 2 hours.
- ☐ Remove the mini pies from pan and store in refrigerator until ready to eat. To serve, top each little pie with toasted shredded coconut, if desired.

Nutrition Facts



Properties

Glycemic Index:12.39, Glycemic Load:3.49, Inflammation Score:-2, Nutrition Score:6.6791303922301%

Nutrients (% of daily need)

Calories: 175.59kcal (8.78%), Fat: 12.66g (19.48%), Saturated Fat: 7.39g (46.19%), Carbohydrates: 14.86g (4.95%), Net Carbohydrates: 13.25g (4.82%), Sugar: 7.73g (8.59%), Cholesterol: 0mg (0%), Sodium: 4.04mg (0.18%), Alcohol: 0.06g (100%), Alcohol %: 0.17% (100%), Protein: 2.97g (5.93%), Vitamin D: 4.92µg (32.78%), Manganese: 0.6mg (29.92%), Copper: 0.29mg (14.6%), Magnesium: 51.68mg (12.92%), Phosphorus: 96.36mg (9.64%), Selenium: 4.74µg (6.77%), Fiber: 1.61g (6.43%), Iron: 1.13mg (6.25%), Zinc: 0.92mg (6.16%), Vitamin B1: 0.08mg (5.18%), Vitamin K: 3.87µg (3.68%), Potassium: 124.11mg (3.55%), Vitamin B2: 0.06mg (3.52%), Vitamin B6: 0.06mg (3.22%), Vitamin B12: 0.12µg (2.05%), Calcium: 17.01mg (1.7%), Vitamin B5: 0.17mg (1.68%), Folate: 5.72µg (1.43%), Vitamin E: 0.16mg (1.05%)