

Maple PECAN PIE

Serves 4-6 | Preparation time 15 minutes | Baking time 45 minutes

WHAT YOU'LL NEED

Pastry

- 100 g almond flour
- 50 g coconut flour
- 100 g cold butter or chilled coconut oil
- 1 egg
- 1 Tbsp coconut sugar
- pinch of salt

Filling

- $\frac{3}{4}$ cup pitted dates, soaked in 1 cup hot water for about 10 minutes
- $\frac{1}{4}$ cup nut butter (I use macadamia or cashew)
- $\frac{1}{4}$ cup coconut flour
- $\frac{1}{4}$ cup maple syrup (or rice malt syrup)
- $\frac{1}{4}$ cup ground almonds
- 1 tsp vanilla paste
- 1 tsp ground cinnamon
- 2 eggs
- 1 cup pecan nuts, roughly chopped

WHAT TO DO

1. Preheat the oven to 180 °C. Lightly grease a 15 cm tart tin.
2. To make the pastry, blitz the ingredients together in a food processor until the mixture forms a dough. Press into the prepared tart tin, using the back of a tablespoon to smooth out the dough if necessary. Prick the base a few times with a fork and blind bake for 15 minutes, or until lightly golden. Remove and allow to cool for about 10 minutes before adding the filling.
3. To make the filling, drain the dates (reserve the liquid), then add all of the ingredients, except the pecan nuts, to a food processor. Add 2 Tbsp date liquid and blitz for about 2 minutes until fairly smooth.
4. Add the pecans and mix gently using a spoon until all of the nuts are well coated. Pour the mixture into the slightly cooled tart shell and bake at 180 °C for 30 minutes, or until the pastry is golden and the filling is fragrant and cooked through.

