

http://mypersonalfitnesscoach.com I www.tierraverdefitness.com

TRIPLE BERRY CREAM PIE

INGREDIENTS:

Crust:

- cups almonds
- ½ tablespoon cinnamon
- ½ cup honey
- 2 tablespoons Olive oil
- 1 tablespoon lemon zest
- 1 teaspoon almond extract
- 1 teaspoon of sea salt

Filling:

- 2 Teaspoons gelatin, dissolved in 2 tablespoons hot water
- ½ cup freshly squeezed lemon juice
- ½ cup honey
- 1 can coconut milk, chilled
- 5 cups mixed berries, separated

INSTRUCTIONS:

Crust:

- 1. Place the almonds and cinnamon in a food processor and pulse until desired texture is reached.
- 2. Add the rest of the crust ingredients and pulse until a sticky dough forms
- 3. Pat the crust into a pie plate, (use water to keep your hands from sticking to the crust).

Filling:

- 1. Mix gelatin and water together.
- 2. Stir to dissolve.
- 3. Add the lemon juice immediately.
- 4. Pour coconut milk into an electric mixer, add 4 cups of mixed berries and honey and whip on high until peaks form (about 15 minutes).
- 5. Add the gelatin mixture to the whipped coconut milk.
- 6. Pour the filling into the crust.
- 7. Chill for at least 4 hours until set.
- 8. Serve topped with remaining cup of mixed berries.

If you want more fat blasting tasty recipes like this and our Sweet Potato Pizza Sliders, grab our Signature Holiday Fitness Survival Kit and BONUS Holiday Survival Ap,

Dessert and Drink Guides FREE as my gift to our loyal social community!



Committed To Your Success and Awesomeness,

Dianne Villano – Your Personal Fitness & Transformation Expert Fitness St Pete I Tierra Verde Fitness 727-742-0816