

Raw Food Berry Pie

By Catherine Carrigan



Many people think that "healthy eating" equals "boring."

Including a few raw food desserts in your diet is a great way to satisfy your Inner Child. This is the part of you that would rather be eating chocolate, ice cream and cookies and that begins to feel deprived if you don't learn how to nurture yourself.

The Inner Child becomes the Inner Brat if you become too strict. The Inner Brat is the part of you that will hold a temper tantrum and overeat if you don't vary your diet and don't include emotionally-rewarding treats that also happen to be healthy.

I have found that my clients are most successful with their weight loss programs when they learn how to nurture themselves in many ways - with exercise that feels good and with foods that satisfy them emotionally as well as nutritionally.

I am proud to say this is my creation. As you practice more healthy cooking, you can create new recipes too! Notice how I have included ingredients that I know will make me healthier. Without wheat or dairy, you can eat this pie and feel very satisfied without being bloated.

Crust

- 2 cups Brazil nuts
- 2 cups coconut dates

I think of Brazil nuts as great food for the brain. Brazil nuts are an excellent source of the mineral selenium and a good source of magnesium as well as B6, which is good for raising serotonin levels in the brain. I buy coconut dates at Life Grocery in Marietta — the dates are very soft and rolled in coconut.

Remember to soak the Brazil nuts for 12 hours in water. Rinse a few times. After 12 hours, drain the water off and slow roast the nuts at the lowest possible temperature in

your oven for another 12 hours. Soaking and then slow roasting your nuts helps the body digest them more easily — plus they taste even more delicious that way.

I slow roast many varieties of nuts and keep them on hand in jars in my kitchen for use in my raw food desserts and snacking.

Put the nuts in your food processor and chop until fine. Add the coconut dates gradually until the dough sticks together.

Hint: This pie is so good I almost always make in individual serving containers, like Tupperware, so nobody in our household gets carried away. When I am taking a dessert to a pot luck dinner, I make it in a large pie dish and use extra strawberries to decorate the top.

Press the soft crust into the bottom of your container. Refrigerate while making the topping.

Topping

- 8 ounces fresh or dried blueberries
- 8 ounces fresh or dried cranberries
- 16 ounces fresh strawberries

Blueberries and cranberries are two of the best sources of natural antioxidants.

Wash the fresh strawberries and cut off the tops. Cut into thin slices. Reserve a small amount for decorating the edges of your pie. Mix the majority with the drained, soaked berries. Run half the mixture through your food processor for 10-20 seconds. Keep the other half to enjoy the texture of the whole berries.