Catherine's Raw Food Peach Pie

By Catherine Carrigan

Growing up in the state of Georgia, I of course love peaches. I found fresh peaches from Chile at our local Whole Foods this past week, and thought our listeners might enjoy this recipe.

Crust:

- 1 cup organic cashews
- 1 cup of organic walnuts
- 2 cups coconut dates – soft dates that have been rolled in coconut

Walnuts are great brain food – loaded with healthy fats for your brain. Soak the walnuts 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. Press the soft crust into the bottom of your container. Refrigerate while making the topping.

Middle layer

- 8 ounces dried cranberries
- 2-3 fresh peaches

Cranberries are one of the best sources of natural antioxidants and are great for the kidneys, which are more stressed during the middle of winter.

Peaches originated in China and made their way West in classical times by way of Alexander the Great and the Romans. They eventually arrived in the Americas with the Spaniards during the 16th century. Chinese legend says that peaches bestow immortality.

Chop up the peaches and place them in your food processor along with the dried cranberries. Run through your food processor for 10-20 seconds. Spread the mixture on top of the nut crust.
Top layer
4-5 fresh peaches
Slice and chop fresh peaches and spread on top of the other two layers. Keep these in your refrigerator