

WHEN • LIFE • GIVES • YOU • LEMONS... you make...

# LEMON BANANA CREAM PIE

#lemonchallenge

MAKES: 1 pie for 8 pie loving humans

TIME FOR PREP: 1 hour & 1 hour patience

YOU NEED: mixing bowl, mixer/foodprocessor, springform, baking paper

When life gives you lemons, you make and bake something with them. Of course! For example this Lemon Banana Cream Pie! MMM. It's raw, vegan, gluten free, lactose free and most of all very YUMMY. This pie is energising, refreshing, creamy and very easy to prepare. So... let's go!

## INGREDIENTS

### FOR THE CRUST

- 125g Brazil nuts or other nuts of choice
- 75g rolled oats
- 10 Medjool dates (15 smaller dates = ±100g)
- 1 lemon, juiced and zest reserved (1 tbsp)
- 1 tsp cinnamon

### FOR THE FILLING:

- 250g cashews
- 2 cups of boiled water (to soak the cashews in)
- 250ml skim coconut milk
- 4 tbsp arrowroot or cornstarch (maizena)
- 50g of cane or coconut sugar (or 10 Medjool dates)
- 2 lemons, juice plus 2 tbsp from the zest
- 2 large ripe bananas
- Pinch of salt

### FOR THE TOPPING

- 1 large banana, sliced
- Optional: 1 tbsp cacao nibs
- Optional: pinch of cinnamon



## PREPERATIONS

1. Add raw cashews to a bowl and add the boiled water. Let rest for 1 hour (uncovered).
2. In the meantime you prepare the crust. Take a blender or food processor and combine the nuts, dates, lemon juice, lemon zest and cinnamon powder. Process until well combined.
3. Transfer the crust mixture to a parchment-lined baking pan and spread evenly. Press down firmly until it's evenly distributed and well packed at the edges. Refrigerate until you finished preparing your lemon banana cream filling.
4. Again, you'll need a blender or food processor. Combine cashews, coconut milk, arrowroot, sugar (or dates), lemon juice, bananas and pinch of salt. If you feel like adding a touch of vanilla feel free to add fresh vanilla or a drop of vanilla essence.
5. Blend until you've got a smooth and creamy, slightly thick filling.
6. To assembly the cream pie is easy! Take the crust out of the refrigerator. Pore the filling on top of the crust. Wiggle the form until the cream has evenly spread.
7. Finally: take the slices of banana and if you want 1 thin slice of lemon and garnish your pie with the slices. If you want add some cacao nibs and/or cinnamon powder.
8. Refrigerate for at least 1 hour >> yes... a challenge to be patient, I know.... >> it's worth it!
9. Cut into 8 slices and serve with a drizzle of maple sirup and indulge :)

Eat whole, stay home, keep safe, play positive & feel healthy!

**Much love, Karin**

Sports/Dance Dietitian • Performance Chef [Team Jumbo-Visma](#) • Performance Nutrition KL • Arnhem