

No-Bake Peach Pie

from *The American Vegetarian Cookbook from the Fit for Life Kitchen*

by Marilyn Diamond

Fruit Pie Crust:

1/3 cup sunflower seeds

1/2 cup sesame seeds (hulled)

1/3 cup blanched almonds (I use slivered)

1/4 – 1/3 cup dried, unsweetened, shredded coconut

1/2 cup raisins

1 cup soft dates, seeds removed (I use the date pieces from the co-op and soak them for a few minutes in boiling water, then squeeze the water out)

1. Grind the seeds, nuts and coconut to a fine meal in a food processor. Add the fruit and process, adding additional raisins as necessary, until the mixture forms a ball.
2. Press the mixture into a 9 inch pie plate. Put in refrigerator until cold.

Peaches and Cream Pie:

1 Fruit Pie Crust

5 – 6 large peaches, peeled (sometimes I add some blueberries too)

3 tablespoons orange juice

1/2 cup **raw** cashew pieces

3 tablespoons maple syrup

1 tablespoon honey

1/2 cup water

1 teaspoon vanilla extract

1/4 – 1/2 cup sunflower oil

1. Prepare crust and place in refrigerator to chill.
2. Slice peaches in thin half moons. In a mixing bowl, combine peaches with orange juice and set aside.
3. Place cashews in the blender with sweeteners, water, vanilla. Blend until creamy and smooth. While blender is running on low, add oil in a thin stream through the opening in lid until mixture thickens, but is still slightly runny.
4. Coat bottom of crust with a thin layer of cashew mixture. Add a layer of peach slices in flower-petal fashion, spread with cashew again and continue layering, ending with top layer of peaches.
5. Refrigerate at least 2 hours before serving.