

The Picky Pantry – Episode #8

Hey there! I miss cooking for you all at the Family Place.

Join my son, Ty, and I for a cooking adventure from our house.

This week we will make **Chocolate Peanut butter Pie** – Vegan and Gluten free

Chocolate Peanut Butter Pie

For the Crust

¾ cup salted roasted peanuts
1 3/4 cup gluten free rolled oats
¼ teaspoon fine sea salt
¼ cup coconut oil, melted
3 Tablespoon maple syrup
1 ½ tsp water

For the Filling

1 can full fat coconut milk, chilled for 24 hours
5 1/4 non dairy dark chocolate
1/3 cup maple syrup
1/3 cup smooth peanut butter

Make the crust – preheat oven to 350 degrees. Lightly grease a pie dish. Put all the crust ingredients in the food processor and blend until the mixture comes together like a dough. Press into the pie plate, bake for 15 minutes until lightly golden

Make the filling – open the can of coconut milk and scoop all of the solids into a medium pot, discard the coconut water. Add the chocolate and cook, stirring occasionally until melted. Add the maple syrup and peanut butter and salt and whisk until completely smooth and uniform.

Pour into the cooled crust. Carefully transfer to the freezer and freeze uncovered for 4-6 hours or until solid. Done!

You can find the video link to this recipe and all our Picky Pantry episodes on YouTube Search “The Picky Pantry”

All the recipes are also posted on the Kootenay Kids website www.kootenaykids.ca Happy Eating!