

Apple and Pear Pie

Ingredients

For the base:

- 1 & 1/2 cups of walnuts
- 3/4 cup pitted dates

For the filling:

- 4 Gala or Fuji apples (chopped)
- 2 ripe pears (chopped)
- 1 banana
- 1 tbs. agave or honey
- 2-3 tbs. lemon juice
- 3 tbs ground psyllium hulls
- 1 tspn vanilla essence
- 1-2 tsp. pumpkin pie spice mix (cinnamon, cloves, ginger, nutmeg, allspice, cardamom)



Method

For the base:

1. Process everything till thick and well combined
2. Press into a pie tin with removable base, covering both bottom and sides.

For the filling

1. Mix the raw ingredients together in a blender till smooth, pour over the base and garnish with thin apple slices and dust with cinnamon.
2. Refrigerate for 1 hour. Best served cold with banana & cinnamon ice cream. Blend together frozen banana, honey and a little cinnamon, spoon on top.