

Chocolate-Pecan Pudding Pie

1 crust and 8 servings

INGREDIENTS FOR THE CRUST:

- ✓ 1/2 cup whole wheat pastry flour
- ✓ 1/2 cup unbleached all-purpose flour
- ✓ 1/2 teaspoon baking powder
- ✓ 2 teaspoons raw organic cane sugar
- ✓ 1/4 teaspoon fine sea salt
- ✓ 7 tablespoons coconut butter (solidified coconut oil)
- ✓ 1 teaspoon apple cider vinegar
- ✓ 1/4 cup ice water

DIRECTIONS FOR THE CRUST:

- Combine the flours, baking powder, sugar, and salt in a bowl. Whisk to combine. Add the solid coconut oil into the bowl and rub it into the flour mixture with your fingers until the mixture resembles small pebbles.
- Add the cider vinegar to the ice water. Drizzle the water into the dough 1 tablespoon at a time, mixing in each as you add it. You should stop adding water when the dough holds together when squeezed, and make sure not to add any more water than necessary.
- Transfer to a clean surface. Shape dough into a ball and then flatten into a disc. Wrap in plastic wrap and refrigerate for 45 minutes.

INGREDIENTS FOR THE PIE:

- 3/4 cup unflavored rice milk
- 1/4 cup arrowroot powder
- 1/2 banana
- 3/4 cup nondairy chocolate chips
- 1/2 cup pure maple syrup
- 1 teaspoon vanilla extract
- 1/4 cup coconut oil
- 1 1/4 cups pecans, chopped
- 1/2 cup dried unsweetened coconut
- 1 Coconut Oil Pie Crust
- Mint leave, for garnish

DIRECTIONS FOR THE PIE:

- In a blender, combine the rice milk and arrowroot powder and puree for 30 seconds. Add the banana and puree for 15 seconds. Set aside.
- In the top of a double boiler over simmering water, melt the chocolate chips. In a large bowl, immediately combine the melted chocolate chips with the rice milk mixture, maple syrup, vanilla extract, coconut oil, pecans, and dried coconut. Mix well and set aside.
- Preheat the oven to 425 degrees F.
- Unwrap the pie dough and transfer it to a lightly floured surface. With a rolling pin, roll the dough in a 12-inch circle. Roll the dough onto the pin and unroll it into a 9-inch pie plate. Gently press the dough into the bottom and sides of the plate. Trim the edges with a knife. Make a decorative edge on the crust by pressing a piece of the dough between the forefinger of one hand and the thumb and forefinger of the other. Repeat this continuously around the edge of the entire pie.
- Wrap the edge of the crust with aluminum foil to prevent it from burning and prick the bottom of the crust with a fork several times. Transfer the crust to the oven and prebake for 5 minutes.
- Remove the crust from the oven, scrape the filling into it with a rubber spatula, and spread evenly.
- Place the pie on a cookie sheet and bake for 20 minutes, until filling is firm.
- Remove from the oven, cool for 30 minutes, then refrigerate for at least 2 hours.
- Garnish each slice with a few mint leaves.

Vegan Soul Kitchen by Bryant Terry: pages 187 and 191