



A HEALTHY FOURTH WITH UAB EMPLOYEE WELLNESS

VEGAN BLUEBERRY CUSTARD PIE

Recipe courtesy of
fannetasticfood.com



INGREDIENTS

FOR THE CRUST

- 1 cup raw almonds
- 1 cup raw walnuts
- 2 cups pitted dates
- 1/4 cup unsweetened shredded coconut

FOR THE FILLING

- 2/3 cup vegan cane sugar
- 3 Tbsp cornstarch

- 2 cups unsweetened vanilla almond milk
- 1 Tbsp coconut oil
- 1 tsp vanilla extract

FOR THE TOPPING

- 2 Tbsp blueberry (or other berry) jam
- 2 6-oz containers fresh blueberries

DIRECTIONS

1. In a food processor, process all the crust ingredients until finely ground. Press the crust mixture into a greased 9-inch pan with a removable bottom. Set aside.
2. In a medium pot, combine the sugar and cornstarch, whisking to remove any lumps. Whisk in almond milk.
3. Turn the heat to medium-high and cook until the mixture comes to a boil. Reduce the heat to low and whisk vigorously until the mixture thickens, about 3-5 minutes.
4. Remove the mixture from the heat and whisk in the coconut oil and vanilla extract.
5. Pour the filling evenly into the crust, then let cool. Once cool, wrap tightly with plastic wrap and refrigerate for at least one hour. The pie can be prepared up to this step the day before serving.
6. Warm the jam in the microwave for 30 seconds, until it is liquid. Then spread the jam on the cooled filling using a spoon or spatula, then top with the fresh blueberries