

MEDICAL MEDIUM® ANTHONY WILLIAM

# HEALTHY PIES



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# Raspberry Jam Tart

It doesn't get more simple and delicious than this picture perfect raspberry tart. And it's so full of amazing ingredients that you can even eat it in the morning for breakfast! This dessert takes less than 15 minutes to come together, is fat free, and full of bright flavor.

## Ingredients:

- 5 cups dates, divided
- 2 cups dried mulberries
- 4 cups raspberries, divided
- ¼ cup lemon juice

## Preparation:

For the crust, place 4 cups of the dates and the dried mulberries in the food processor and process until well combined. Press the crust mix evenly into the bottom of an 10-inch tart pan. Place the crust in the freezer for 30 minutes.

Blend 2 cups of raspberries, 1 cup of dates and ¼ cup of lemon juice until smoothly combined. Pour into the tart crust. Top with the remaining raspberries and chill in the fridge for 30 minutes prior to enjoying!

Yields one 10-inch tart.

## Notes:

This tart stores in the fridge for 3 days. The crust will keep in the freezer for up to 4 weeks.



# Mini Lavender Coconut Cream Pies

In these pies, the subtle flavor of lavender is whipped into the fluffiest coconut cream and layered into a cashew coconut crust. These pies are decadent, dreamy and beautiful!

## Ingredients:

- 2 cups cashews
- 1 cup unsweetened shredded coconut
- 2 ½ cups dates
- ½ tablespoon dried lavender\*
- 4 cups coconut whipped cream (see last page)
- 4 drops lavender essential oil (optional)

## Preparation:

For the crust, place the cashews, shredded coconut, dates, and dried lavender into the food processor and process together until well combined. Press the crust mix into the bottom of a 4 mini pie pans.\* Place the crusts in the freezer for 30 minutes.

In a metal bowl, whisk together the coconut cream and lavender oil until smooth. Fill each pie crust with coconut cream and allow to set in the freezer for ten more minutes before serving!

Yields four 4-inch mini pies.

## Notes:

The dried lavender and lavender essential oil need to be food grade. A regular 9-inch pie tin may be used in place of mini pie pans.



# Peach Pie with Mint and Honey

It's hard to improve upon the simple perfection of a peach, but this recipe is a great way to change things up. A coconut date crust studded with lemon zest and mint encases a sunrise of sliced peaches tossed in honey. Enjoy this one out on the porch during those long summer evenings surrounded by friends and family.

## Ingredients:

- 3 cups dates
- 1 ½ cups unsweetened shredded coconut
- 5 mint leaves
- ½ teaspoon lemon zest
- 6 large peaches
- 4 tablespoons honey
- 2 tablespoons lemon juice

## Preparation:

For the crust, place the dates, shredded coconut, mint leaves and lemon zest into a food processor and pulse until well combined. Press the crust mix firmly into the bottom of a 9-inch pie pan. Place the crust in the freezer for 30 minutes.

Peel and slice all 6 of the peaches into a medium bowl. In a small bowl, whisk together lemon juice and honey until combined. Pour over the peaches and toss gently to coat.

Arrange the peaches in the pie crust and serve!

Yields one 9-inch pie.





# Strawberry Pistachio Pie

While pistachio might not be your first thought when it comes to making a raw pie crust, you will not be able to get enough of this amazing pie once you try it. This pie is sweet and tangy and nutty and rich. The strawberries and pistachio are accented by the flavors of lemon zest and basil that will keep you coming back for more!

## Ingredients:

- 1 ½ cups pistachios
- 2 cups dates
- ½ cup unsweetened shredded coconut
- ¼ teaspoon sea salt
- ½ teaspoon lemon zest
- 7 large leaves of basil (optional)
- 6 cups strawberries
- 4 tablespoons of honey
- 2 tablespoons lemon juice

## Preparation:

For the crust, place the pistachios, dates, shredded coconut, sea salt, lemon zest and basil leaves into the food processor and process until well combined. Press the crust mix into the bottom of a 9-inch pie pan. Place the crust in the freezer for 30 minutes.

Slice strawberries in half and place into a large bowl. Toss gently with lemon juice and place into the fridge for 20 minutes. Remove strawberries from the fridge, drain off excess liquid, toss gently with honey. Pour the strawberries into the pie crust and serve topped with extra honey if desired.

Yields one 9-inch pie.



# Mixed Berry Pie

This easy breezy mixed berry pie takes only minutes to come together and is totally customizable with whatever berries you have on hand. This pie is sure to be a hit with kids, especially when topped with a dollop of coconut whipped cream.

## Ingredients:

- 2 cups walnuts
- 1 cup unsweetened shredded coconut
- 3 cups dates
- 6 cups mixed berries (raspberries, strawberries, blackberries, blueberries)
- 2 tablespoons of honey
- 2 tablespoons of lemon juice
- 1 cup of coconut whipped cream (see last page)
- ¼ teaspoon lemon zest (optional)

## Preparation:

For the crust, place the walnuts, shredded coconut, and dates into the food processor and process until well combined. Press the crust mix into a 9-inch pie pan and place the crust in the freezer for 30 minutes.

In a small bowl, whisk together the lemon juice and the honey until well combined. Place all of the berries into a large bowl and toss gently to combine with the lemon juice and honey mixture. Pour the coated berries into the pie shell.

Serve topped with coconut cream and lemon zest as desired and enjoy!

Yields one 9-inch pie.



# Mango Tart

This mango tart is simple and stunning. If you're feeling adventurous, you can add in the optional curry powder for a subtle savory kick to your sweet treat. Have fun playing with whatever toppings you desire. You might even feel like getting creative and trying to make a mango rose!

## Ingredients:

- 2 cups dates
- 2 cups mulberries
- ½ teaspoon of lime zest
- 3 cups of diced mango
- 1 tablespoon of lime juice
- ⅛ teaspoon curry powder (optional)

## Preparation:

For the crust, place the dates and mulberries into the food processor and process until well combined. Press the crust mix firmly into the bottom of an 8-inch tart pan. Place the tart pan in the freezer for 30 minutes.

To make the filling, blend the mango, lime juice and (if you're feeling adventurous) the curry powder together until smooth.

Pour the blended mango filling into the pie crust and allow to set in the freezer for 15 more minutes.

Yields one 8-inch tart.



# Deep-Dish Rosemary Apple Pie

This apple pie might make a beautiful finish for any holiday meal but is great to enjoy anytime of year. It takes a little work to thinly slice all those apples, but the result is well worth it.

Layer on layer of tender apple slices soaked in a caramel date sauce and settled into a walnut crust with a bold hint of fresh rosemary. This dessert will please any crowd, as long as you don't eat it all beforehand!

## Ingredients:

- 3 cups walnuts
- 6 cups dates, divided
- 1 cup of unsweetened shredded coconut
- 2 tablespoons rosemary leaves
- ½ teaspoon of sea salt
- 10 apples
- 2 tablespoons lemon juice
- 2 tablespoons honey
- 2 tablespoons coconut milk
- ½ teaspoon cinnamon
- ½ teaspoon vanilla bean powder

## Preparation:

For the crust, place the walnuts, 4 cups of the dates, the shredded coconut, rosemary leaves and sea salt into the food processor and process until combined. Press the crust mixture into the bottom and up the sides of a springform cake pan\* and place the crust in the freezer for 30 minutes.

Very thinly slice the apples using a mandoline or knife. It should yield approximately 8 cups of apple slices. Place the apple slices into a medium bowl.

Blend together the remaining 2 cups of dates, lemon juice, honey, coconut milk, cinnamon and vanilla until smoothly combined into a "caramel sauce". Pour the "caramel sauce" over the apple slices. Toss the apple slices gently to combine. Place apple filling in the fridge to soak for 30 minutes or overnight.

Using a slotted spoon, scoop the apple slices into the pie, allowing excess moisture to drain away. Fill the pie to the top of the crust with apples and then press down gently to make sure the pie is tightly packed. Serve and enjoy!

Yields one deep-dish pie.





# Banana Cream Pie

This sweet, creamy pie is a childhood favorite for a reason! The mild flavor of banana turns into a smooth, silky pudding inside a buttery cashew coconut crust.

This recipe involves using irish moss which might feel intimidating, but don't be afraid to play with it! It's an easy, nutritious ingredient. If you're not interested, you can leave it out but the result might be a pie that is a little on the runny side. It will still taste absolutely delicious though!

## Ingredients:

- 2 cups cashews
- ½ cup cashew butter
- ½ cup + 2 tablespoons honey, divided
- 1 cup unsweetened shredded coconut
- 6 bananas, divided
- 2 ½ ounces irish moss, soaked overnight
- ½ cup water
- 1 tablespoon lemon juice
- ½ cup heavy coconut milk (from the separated cream on top of the can)
- ½ teaspoon vanilla bean powder

## Preparation:

For the crust, place the cashews, cashew butter, ¼ cup of the honey and the shredded coconut into the food processor and process until well combined. Press the crust firmly into the bottom and up the sides of a deep-dish pie pan. Place in the freezer for 30 minutes.

To make the filling, place the irish moss in the blender with ½ cup of water and 1 tablespoon of lemon juice. Blend until smooth. Add to the blender 4 bananas, 6 tablespoons of honey, vanilla bean powder, and heavy coconut milk. Blend until smooth.

Slice the remaining 2 bananas and arrange at the bottom of the pie crust. Pour the blended filling into the crust. Chill in the fridge for at least 2 hours prior to serving.

Yields 1 deep-dish pie.



# Pumpkin Pie

Who doesn't love a classic pumpkin pie? Smooth, creamy, loaded with fall flavor, this healthy take on the American classic leaves nothing to be desired. Make the full pie or just use the filling to make pumpkin pie pudding cups, either way it will be the perfect way to celebrate fall.

## Ingredients:

- 1 cup almonds
- 1 cup pecans
- 4 cups dates, divided
- ¼ teaspoon vanilla bean powder
- ¼ teaspoon cinnamon
- 1 cup canned pumpkin
- 2 bananas
- ¼ cup heavy coconut milk (from the separated cream on top of the can)
- ¼ teaspoon vanilla bean powder
- 1½ tbsp pumpkin pie spice

## Preparation:

For the crust, place the almonds, pecans, 3 cups of the dates, vanilla bean powder, and cinnamon into the food processor and process until well-combined.

Firmly press the crust into a deep-dish pie pan and freeze for 30 minutes.

In a blender, combine the remaining dates, pumpkin, bananas, coconut milk, vanilla bean powder, and pumpkin pie spice and blend until smooth.

Pour the filling into the pie crust and allow the pie to rest in the freezer for another 30 minutes.

Serve topped with coconut whipped cream as desired.

Yields 1 deep-dish pie.



# Key Lime Pie

The bright, tangy sweetness of a cold slice of key lime pie is unforgettable. In this version of the classic pie, irish moss helps the pie filling to thicken up. If you haven't worked with irish moss before don't be intimidated! It is friendly and forgiving as long as you give it plenty of time to soak before trying to use it. Not only that, but it has some amazing health benefits and makes this tart creamy pie absolutely heavenly.

## Ingredients:

- 3 cups dates
- 2 cups macadamia nuts
- ½ teaspoon vanilla bean powder, divided
- ¼ teaspoon sea salt
- 3 ounces irish moss (soaked overnight)
- ½ cup water
- ¾ cup lime juice
- 1 avocado
- 1 banana
- ¼ cup heavy coconut milk (from the separated cream on top of the can)
- ¼ cup + 2 tablespoons maple syrup
- 1 cup of coconut whipped cream (see last page)

## Preparation:

For the crust, place the dates, macadamia nuts, ¼ teaspoon of the vanilla bean powder and ¼ teaspoon salt into the food processor and process until well combined. Press the crust mixture into the bottom of eight 8-ounce mason jars. (May also substitute 2 9-inch pie tins.)

For the key lime filling, blend the irish moss with the water and lime juice until smooth. Add the avocado, banana, heavy coconut milk, maple syrup and ¼ teaspoon of vanilla bean powder. Blend until smooth.

Pour the key lime filling into the mini mason jars up to about ½ inch from the top. Allow to chill in the freezer for 20 minutes until slightly firmed up. Top each of the jars with coconut cream and place into the fridge for 3 hours or more prior to serving.

Yields eight mini mason jar pies or two 9-inch pies.



# Coconut Whipped Cream

Whipping up a batch of coconut cream is so simple to do and it can be used for anything you imagine.

It's great on top of any of the pie recipes given here. But it can also be used for dipping fresh fruit, topping warm fall drinks, or as a frosting on any dessert treat of your choice.

The possibilities are endless!

## Ingredients:

- 3 cups heavy coconut milk (from the separated cream on top of the can)
- 1 tablespoon lemon juice
- 4 tablespoons honey
- 1 pinch vanilla bean powder

## Preparation:

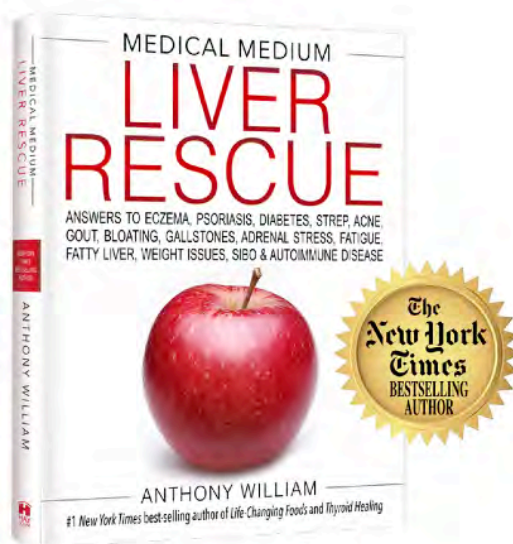
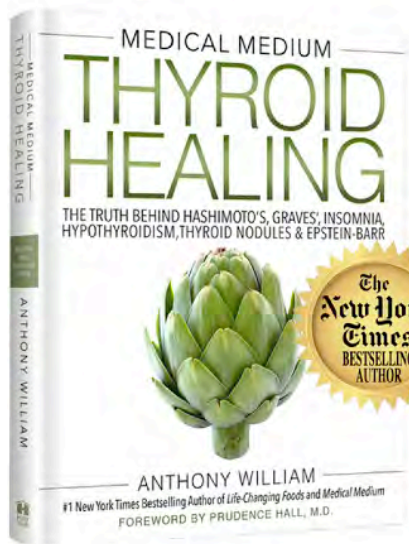
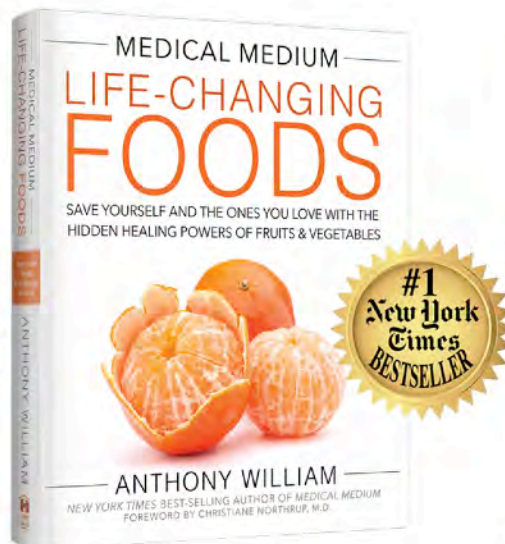
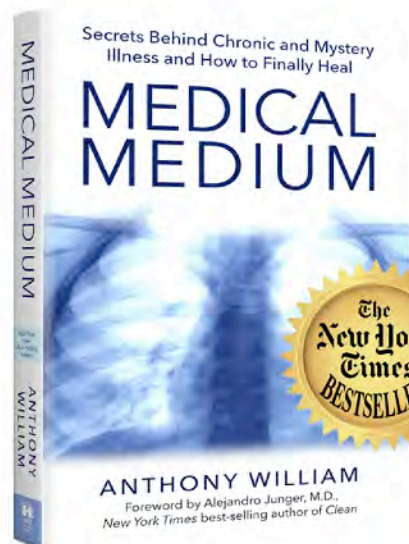
In a medium bowl, whisk together all ingredients until combined.

Place the bowl in the freezer for 30 minutes, whisking every 10 minutes.

Use immediately.

Yields 3 cups of coconut whipped cream.

Find out more in #1 New York Times Bestselling Author Anthony William's four groundbreaking books [\*Medical Medium\*](#), [\*Life-Changing Foods\*](#), [\*Thyroid Healing\*](#), and [\*Liver Rescue\*](#).



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