

The

RAW Food

Revolution

*30 Days to a Raw Food Life Style*

Menu Guide

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# Apple Pie with Pomegranate Cream

## Ingredients

7 Medjool or good quality Turkish Dates

¼ Cup of Soaked Almonds (overnight with skin on)

½ Large Apple of choice or 1 small apple peeled (save the peel)

¼ Cup Cashew Milk

2 Dessert Spoons Cashew Paste

2 Tsp's Pomegranate Syrup or Juice from freshly squeezed fruit

Dash of Agave Syrup



## Instructions

Blend the almonds, dates and pomegranate syrup together in your Bullet or Vitamix. Regulate your needs depending on the mouths you are feeding. Pack the almond and date mixture into a small cake or tart form and place in the fridge for an hour or so to firm up. This forms the base for your pie.

Peel the apple and take ¼ or ½ depending on the size of your form and slice into thinish slices. Place the apple into the base of the form in a fan design (presents better this way). Pop up the base of the form so the sides of the pie are revealed as shown in the picture.

In a separate glass bowl pour off some of the cashew milk and add the extra cashew paste. Stir in to create a nice creamy texture. Add a dash of agave syrup. Pour over the top of the pie. Finish off by drizzling some of the pomegranate syrup over the pie and around the plate. Use some of the peel to add a 'twirl' to the top. Voila!!