

The

RAW Food

Revolution

30 Days to a Raw Food Life Style

Menu Guide

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Lime Pie with Berries

Ingredients

2 Ripe Avocados

Juice of 2 limes

2-3 Dessertspoons of Agave

1 Tsp. Agar Agar - (Edible sea vegetable gelatin available from health food shops) to aid in firming the mould.

Fresh or thawed frozen berries of your choice for topping.

For the base you will need:

4 Medjool dates (or similar) soaked

½ Cup of dry almond meal.



Instructions

Take your large food form and place on a nice white flat plate. In a prep bowl take the soaked dates and finely chop them in with the almond meal until you get a firm damp mixture – not wet. Form this mixture into the bottom of the form about 1 cm thick and set aside.

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Take the Agar Agar and place into a glass of warm to hot water about 3-4cm deep. Sufficient to allow it to fully dissolve and become a thickish clear pastry mixture. This may take up to 15mins to work thoroughly. Stir to break up Agar Agar if necessary.

Then in your Bullet machine or food processor place the chopped avocado and sufficient lime juice to taste (be careful not to over moisten). Add the agave – again sufficient for your personal level of sweetness and spoon in the thickening Agar Agar. The secret is NOT to make the mixture too wet or it won't form in the mould. Be careful not to over zap the mixture in the bullet. The idea is to achieve a smooth but thick consistency. Spoon the mixture into the mould and flatten off the top ensuring the mixture fills out to edges. Place in the freezer compartment of your refrigerator for between 1-2 hours.

Remove from the freezer and run a knife around the edge of the mould and lift gently from the base. I find if I leave it at room temp again for an hour or two and then run a knife around the edges the mould lifts off freely.

Top with berries of your choice and enjoy a RAW dessert which is totally exciting to taste.