

WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



Dr. Sinatra's **HEAVENLY CHOCOLATE PIE**

This decadent yet nutritious recipe originates with Ali Segerston and Tom Malterre, authors of *The Whole Life Nutrition Cookbook*. As a Valentine's Day treat, it's simply too good to pass on! I prefer to use [walnuts](#), which are a great source of [omega-3s](#), or Vitamin E-rich [almonds](#). You can make your own nut butters in the food processor if you can't find them in stores.

Pie Crust:

- 2 cups almonds or walnuts (recipe originally calls for pecans)
- 8-10 medjool dates, pitted
- 1 Tbsp coconut oil
- 1 Tbsp cinnamon
- 1 pinch ground cardamom (optional)

Filling:

- 1 cup walnut or almond butter (recipe originally calls for raw cashew butter)
- 1 small avocado
- 10 Tbsp cocoa powder
- ½ cup raw honey (recipe originally calls for agave nectar)
- ½ cup coconut butter
- ¼ cup water
- 1 Tbsp vanilla

Make the crust: Pulse the nuts in a food processor until finely ground. Add the dates, coconut oil and spice(s), and pulse until they are thoroughly ground and mixed. Press mixture into bottom of a 9.5-inch deep dish pie plate and refrigerate for an hour.

Make the filling: Warm the coconut butter on low heat until barely melted, then process it with the remaining ingredients in the food processor until the mixture is smooth and creamy; for thinner consistency, add more water. Pour chocolate filling into chilled pie plate and refrigerate for 3-4 hours. Serve with fresh organic raspberries.

For more recipes from Ali and Tom, visit www.nourishingmeals.com.