Chocolate Silk Pie

Low-carb, gluten-free, vegan

Ingredients:

Crust

- 100g almond flour
- 40g coconut flour
- 30g cocoa powder
- 30g monkfruit sweetener or allulose
- ½ tsp kosher salt
- ½ tsp glucomannan powder
- 2 Tbsp unsweetened almond milk
- 2 ½ Tbsp coconut oil (melted)
- 1 large egg (see blog for vegan option)
- ¼ tsp instant coffee or Pero (optional)
- ½ tsp maple extract (optional)

Filling

- 325g avocados (abt 2½-3 large hass)
- 400mL coconut milk (full fat, abt 14oz can)
- 60g cocoa powder
- 60g powdered sweetener (stevia/erythritol or allulose would work)
- 1 tsp glucomannan powder
- 2 tsp vanilla extract
- ½ Tbsp raw local honey (optional)
- ½ tsp maple extract (optional)
- ¼ tsp instant coffee or Pero (optional)

Garnish

- Fresh cut strawberries
- Fresh homemade whipped cream (see blog for vegan alternative)

Instructions (Crust)

1. Preheat oven to 350 F. You may need to adjust baking times depending on your pie dish or your oven.
2. In a medium bowl, combine all dry crust ingredients: almond flour, coconut flour, cocoa powder, sweetener, kosher salt, glucomannan powder, (and Pero or instant coffee if desired). Sift with a fork. It's important to get it evenly blended.
3. Make sure it's fully incorporated. Put the dough into your pie tin and smash it out until it evenly covers the base and sides of the pie tin. Crimp with a fork around the edge if you want. It should be about 3/16" thick.
   (see blog for details about dough moisture, pie weights, parchment & pie crust guard)
4. Bake at 350 degrees for 10-12 minutes. Watch it carefully. Because it has cocoa powder in it, you won't be able to just look to assess doneness.
5. Let it cool completely.

Instructions (Filling)

1. Put all the ingredients into a blender jar (Blendtec or Vitamix is great) & blend it to a pudding consistency.
2. Pour it into your fully-cooled pie crust & stick it in the fridge (covered!) to chill for at least 2 hours (overnight is better).
3. I serve it with fresh strawberries & whipped cream on top.