

## Hawaii “Key” Lime Avocado Pie

*Makes 6-8 servings*



- This is a great way to use up extra avocados and a unique way to serve a favorite dessert in the islands.
- The avocados, preferably local and a variety with smooth texture and no strings, should be good and ripe.
- The key is not to taste avocado but the tart lime paired with the light sweetness of agave.
- The avocado and coconut oil add good fats to this dish and wonderful texture. It must be chilled in order to set it up so give yourself ample time to prepare this one.
- You will need to zest limes, then juice them and divide juice for use in separate parts of the recipe.

For the crust:

¾ cup	Shredded unsweetened coconut
¼ cup	Unsalted macadamia nuts
½ tsp.	Lime zest
1/8 tsp.	Salt
1 tsp.	Lime juice
½ C	Dates, chopped
2 T.	Shredded coconut

For the filling:

1 ½ cup	Avocado, ripe
1/3-1/2 cups	Fresh lime juice
1/3-1/2 cups	Agave or honey
4 T.	Coconut oil, preferably refined* at room temperature
1/4 tsp.	Salt
Zest of ½	Lime (save for garnish, cover w/ air-tight container; chill)
2-3	Lime slices for decoration

\* If you use unrefined, it will add a coconut flavor to the dessert, a nice alternative if you want it to taste more tropical. Refined coconut oil is available in health food stores.

### To make the crust:

1. In a food processor, combine the nuts, zest and salt and chop coarsely. Add lime juice and dates and process until it sticks together.

Nutrition Facts	
Serving Size (83g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 280</b>	Calories from Fat 180
% Daily Value*	
<b>Total Fat 21g</b>	<b>32%</b>
Saturated Fat 13g	<b>65%</b>
Trans Fat 0g	
Cholesterol 0mg	<b>0%</b>
Sodium 115mg	<b>5%</b>
<b>Total Carbohydrate 25g</b>	<b>8%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 19g	
<b>Protein 2g</b>	
Vitamin A 0%	Vitamin C 10%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

2. Sprinkle a 9-inch pie plate w/ the coconut and pat the crust on top and up the sides of the plate. Chill while making filling.

**To make filling:**

1. Combine all ingredients in a blender (start with the smaller amount of lime and agave as some avocados are more wet than others and milder in flavor; add more if needed).
2. Blend until smooth.
3. Adjust flavors to taste. Pour over crust and chill 4-6 hours or overnight. Garnish w/ remaining zest and some lime slices, if desired.