

Tropical Fruit Pie

Makes 6 pieces

For the crust:

½ c.	Almonds
½ c. flaked	Shredded fresh or dried coconut or sweetened,
1 c.	Dates, pitted and chopped
Dash of salt	
½ tsp.	Vanilla

For the haupia filling:

¾ c.	Coconut milk
¾ c.	Water
2 T. plus ¾ tsp.	Arrowroot
¼ c.	Agave syrup or honey)
1/8 tsp.	Salt
1/4-inch	Piece ginger, peeled, mashed
1 sprig	Mint for garnish (optional)
Fruit for topping	

To make the crust:

1. Combine all ingredients in a food processor and blend until a dough-like consistency forms. Pat into an oiled pie plate.
2. For the haupia: Whisk together all ingredients in a (cool) small cooking pot. Place on stove and bring to a boil, stirring constantly. When thick, remove from heat (remove ginger piece) and pour into prepared crust. Cool at least 2 hours, preferably overnight.
3. Decorate with Hawaii fruit of choice. Garnish with sprig of mint in center.
4. Fruit suggestions: pineapple, kiwi, mango, banana, orange, strawberries, blueberries, grapes or any combination.



Nutrition Facts

Serving Size (82g)
Servings Per Container

Amount Per Serving	
Calories 200	Calories from Fat 120
% Daily Value*	
Total Fat 13g	20%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	12%
Sugars 15g	

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 6%

*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