

Raw Berry Pie

Shared with us by long-time yoga students, Lori and Dave Mullen

Crust:

2 cups raw nuts

1 cup chopped dates

¼ tsp salt (optional)

Process nut to fine crumbs, add dates and salt, process until there are no more chunks of dates, and ingredients form into a ball. Then press into a 9-inch pie plate. Put in the freezer for about 15 minutes while you make the filling.

Filling:

6 cups berries cut into small pieces

1 cup dates, soaked in water for 10 minutes

2 Tbsp lemon juice (fresh)

Blend 2 cups of berries with dates and lemon juice, until smooth. Mix with the rest of the berries in a bowl, and then pour into pie shell. Smooth the top with a spatula; refrigerate for 1-2 hours before eating.

YUMMMM!!!!