

REAL FOOD DESSERT – BANANA CREAM PIE

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Feeding your [baby real food](#), trying to keep him as primal as possible, is less of a challenge than trying to make a growing boy adhere to your dietary principles. So maybe an early start on practicing hits and misses on baking primal goodies would be prudent. If I can't control most food at least I can provide real food desserts and baked goodies at home.

Here I share a Banana cream pie, a very simple recipe with ingredients that are all locally available, and sweetened mostly by fruit.

I found this recipe at [Elena's Pantry](#). I sift through recipes that can be made with ingredients available here because a lot of them point to ingredients slightly out of reach.

For the crust: Only four ingredients – almond flour, sea salt, one egg, and coconut oil.

The recipe calls for two cups blanched almond flour, but I ~~use~~ the almond flour dough just pulverized whole almonds in a mixer to get course flour like consistency.

2 cups almond flour

¼ teaspoon sea salt

2 tablespoons coconut oil (I use [conscious foods](#))

1 egg.

- 1) Put all the ingredients into a mixing bowl and knead by hand to form dough.
- 2) Press into a 9 – inch pie dish after greasing the pie dish with butter.
- 3) Bake at 180 degree C for 10 to 12 minutes.
- 4) Remove and cool.

For the filling: only 5 ingredients – bananas, dates, coconut oil, coconut milk, honey.

~~Gl~~rain free piecrust

100 ml coconut milk (or one pack)

¾ cup coconut oil

1 cup mashed, ripe bananas

3 – 4 seedless dates

1 Tablespoon honey – I used [Under the mango tree](#) honey – wild forest honey.

banana for garnish

- 1) In a blender combine coconut milk and coconut oil.
- 2) Add bananas, dates and honey and blend.
- 3) Put the mixture in a cooled piecrust and pop in the fridge.

4) Chill for 3 hours until it sets and garnish with bananas.

We really enjoyed this pie though next time I may try substituting cream with coconut milk and maybe topping with whipped cream. Simple, real food, fruit sweetened pie!

Thanks for reading, let me know in the comments if you're going to try it!

