



Chocolate Avocado Crunch Pie

- 1 Pie shell of your choice (such as Wholly Wholesome)
- 2 Ripe avocados
- 1/2 Cup coconut oil
- 10 Oz. chocolate chips (such as Enjoy Life Foods)
- 1 Cup milk of your choice (I used Blue Diamond Coconut, Almond & Chia milk)
- 1/2 Cup pure maple syrup
- 1/4 Teaspoon sea salt
- 1 Teaspoon vanilla extract
- Sunflower seeds of your choice (I used SuperSeedz Sugar & Cinnamon)

Bake prepared shell crust as directed.

While the pie shell is baking, puree avocados until no lumps remain. Set aside.

In a medium pot on medium-low heat, melt the coconut oil and chocolate chips. Once melted, add in the milk, maple syrup and sea salt, stirring frequently to prevent burning or overcooking. Cook until bubbling.

Remove from heat and add the vanilla. Carefully and slowly, add the pureed avocado and mix gently with an electric beater or whisk, beating until no green lumps remain. Pour the mixture into the prepared pie shell and refrigerate until set (about 4 hours).

Compliments of Nutrimom - Phood Allergy Liason

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