



Maple Syrup Pie with Walnut Crust

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan

By: Cuisine l'Angélique

PORTIONS: 8

PREPARATION: 30 MINUTES

COOKING: 20 MINUTES

RÉFRIGÉRATION : 6 HRS

INGREDIENTS

Crust:

- 90 g (1 cup) walnuts
- 100 g (1 cup) pecans
- 20 g (1/4 cup) quinoa flakes
- 80 g (1/4 cup) maple syrup
- 30 ml (2 tbsp) light olive oil
- 5 ml (1 tsp) vanilla extract
- 0.5 ml (1/8 tsp) salt

Filling:

- 60 g (1/4 cup) water
- 45 g (1/3 cup) organic cornstarch - or 40 g (1/3 cup) tapioca starch
- 320g (1 cup) maple syrup
- 250g (1 cup) plant-based milk substitute
- 125 g (1/2 cup) canned coconut milk
- 2.5 ml (1/2 tsp) agar-agar powder

PREPARATION

1. Preheat the oven to 350° F (180° C). Oil a 9-inch (23 cm) pie pan and place parchment paper on the bottom only (cut to get the right diameter).
2. Grind nuts and pecans in a food processor (more or less fine, depending on taste).
3. In a bowl, combine all the ingredients for the crust. Press the mixture firmly into the bottom of the pan and up the sides. Bake on the centre rack of the oven for 15 to 20 minutes or until golden brown. Remove from oven and set aside.
4. In a medium saucepan, whisk together water and cornstarch (or tapioca). Blend in with a whisk the maple syrup, plant-based milk substitute and coconut milk.
5. Bring to a boil over medium heat, stirring continuously with the whisk.
6. When the mixture starts to boil, sprinkle the agar-agar on top, without stopping whisking. Continue cooking, stirring constantly, and boil for 2 to 3 minutes.
7. Pour the mixture into the pan and allow to cool completely in the refrigerator.



A cold maple pie that literally melts in the mouth!