

Tea & Cashew Pie



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Marion Rocio Garin Obligado from The Immunity
inspired by tea challenge

- Sub Category Name
Food
- Recipe Source Name
Immunity Inspired by Tea Recipes
- Festivities Name
Autumn
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Immunity Inspired by Tea Recipes

Used Teas



Apple, Cinnamon
And Vanilla

Ingredients

Tea & Cashew Pie
The Syrup



- 1 teabag of Dilmah's Apple, Cinnamon & Vanilla Tea
- 1 cup filtered Water
- 1 cup Sugar

The Dough

- 100g Dates, soaked in hot water for 10 minutes
- 1 cup Almond Flour
- 1 cup Shredded Coconut
- 2 teaspoon Coconut Oil (10 grams)

The Filling

- 250g Cashews (pour hot water over them and let them soak for 2 hours)
- 2 tbsp or 30g Coconut Oil
- The Juice of 1 Lemon
- 1 teabag of Dilmah's Apple, Cinnamon & Vanilla Tea
- Slices of Apple, for garnishing

Methods and Directions

Tea & Cashew Pie

- Prepare the syrup by heating the water to a simmer inside a cooking pot. Add the tea bag and let it infuse for 5 minutes. Add the sugar and stir well until it dissolves. Let it simmer for about 10 minutes, until the liquid reduces to half its volume. Remove the tea bag and transfer the syrup to a bowl and let cool.
- Prepare the dough using a food processor. Blend the soaked dates with the almond flour, shredded coconut and coconut oil. Once you've got a dough, extend it over a pie mold. This will be the base of the pie. Freeze for about an hour.
- Also prepare the filling using the food processor by blending the cashews, coconut oil, 100ml of the prepared syrup and lemon juice until smooth.
- Pour the cashew mixture inside the pie mold, giving it the texture of pie filling. Place it in the freezer again for at least 3 hours.
- Take the pie out of the freezer and open the remaining tea bag. Sprinkle the contents of the tea bag over the pie for crispness.
- Decorate with the sliced apples (you can squeeze some lemon juice over them before, to avoiding oxidation).
- Bake for an x number of minutes at y temperature, slice and serve./li>