

Avocado-Coconut Pie

www.TheAmazingAvocado.com

Servings: 8

*1/2 cup coconut milk
1/2 cup sugar
1 envelope (.25 ounce) gelatin
3 avocados, peeled and pitted
2 tablespoons freshly squeezed lime juice
1/2 teaspoon coconut extract
1 eight-inch graham cracker pie crust
1 cup whipped cream or whipped topping
1 cup toasted sweetened shredded coconut*

In a small saucepan, heat the coconut milk, sugar and gelatin, whisking until the gelatin is melted (Do not boil). Remove from the heat. Cool.

In a food processor, puree' the avocados, coconut milk mixture, lime juice and coconut extract until smooth.

Pour the avocado mixture into the pie crust. Cover with plastic wrap placed directly onto the surface of the filling. Chill for at least four hours.

Serve pie the same day. Cut into eight wedges. Garnish each wedge with two tablespoons of whipped cream and two tablespoons of toasted coconut.

Per Serving (excluding unknown items): 214 Calories; 15g Fat (59.4% calories from fat); 2g Protein; 21g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 17mg Sodium. Exchanges: 1/2 Fruit; 3 Fat; 1 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	214	Vitamin B6 (mg):	.2mg
% Calories from Fat:	59.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	37.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	3.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	15g	Folacin (mcg):	49mcg
Saturated Fat (g):	5g	Niacin (mg):	2mg
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
		% Refuse:	0.0%

Cholesterol (mg):	0mg
Carbohydrate (g):	21g
Dietary Fiber (g):	2g
Protein (g):	2g
Sodium (mg):	17mg
Potassium (mg):	491mg
Calcium (mg):	11mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	6mg
Vitamin A (i.u.):	461IU
Vitamin A (r.e.):	46RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	1

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 214	Calories from Fat: 127
---------------------	------------------------

% Daily Values*

Total Fat 15g	23%
Saturated Fat 5g	25%
Cholesterol 0mg	0%
Sodium 17mg	1%
Total Carbohydrates 21g	7%
Dietary Fiber 2g	9%
Protein 2g	
<hr/>	
Vitamin A	9%
Vitamin C	11%
Calcium	1%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.