



VEGAN CHOCOLATE CREAM PIE

By Dr. Cindy Tanzar
(Maintenance/Special Occasions)

Indulge in this decadent Vegan Chocolate Cream Pie by Dr. Cindy Tanzar, perfect for maintenance or special occasions. Featuring a golden, buttery almond flour crust and a rich, creamy coconut-chocolate filling, this pie is naturally sweetened, vegan-friendly, and utterly satisfying. Quick to prepare and chilled to perfection, it's a luscious dessert that combines wholesome ingredients with indulgent flavor—perfect for celebrating milestones, special gatherings, or simply treating yourself to a guilt-free slice of chocolate heaven.

Makes 8 servings.



INGREDIENTS

Crust:

- 2 Tbsp golden flax meal
- 2 Tbsp warm water
- 2 cups almond flour
- 1 tsp. baking soda
- Dash Pink Himalayan salt
- 1/4 cup Lakanto Maple Syrup
- 1/3 cup extra virgin coconut oil (softened)



Filling:

3 13.5-oz. cans quality coconut cream
1/2 cup Lakanto Maple Syrup
3/4-1 cup cocoa powder* (see Notes!!)
Dash Pink Himalayan salt
1/2 tsp. pure vanilla extract

DIRECTIONS

Crust:

Preheat oven to 350°F. In a small bowl, combine flax meal and water. Stir and set aside to thicken for 1-2 minutes. In a large bowl, mix almond flour, baking soda and salt. Add flax meal, maple syrup and coconut oil and mix well.

Grease a 9-inch pie pan and press crust mixture into the pan, distributing evenly over the bottom and sides. Poke holes in the crust with a fork in several places and bake for 8-10 minutes or until golden brown on edges. Cool completely.

Filling:

Open cans of coconut cream and scoop out ONLY the white cream (should be separated from the liquid). Place in a large bowl. Mix well until it is creamy and all lumps are gone.

Add maple syrup, cocoa powder salt and vanilla and mix until fully blended and creamy. Pour into crust and refrigerate for 2 or more hours to set.

NOTES: Not all coconut cream is the same. Some cans have less and some more cream. So, add 3/4 cup of cocoa powder and taste before adding more to assess flavor.

Top with whipped canned coconut cream or can use Non-Dairy ReddiWip (made with almond milk)