



VEGAN KEY LIME DESSERT CUPS

By Dr. Cindy Tanzar
(Maintenance/Special Occasions)

Enjoy a refreshing, zesty treat with these Vegan Key Lime Dessert Cups by Dr. Cindy Tanzar, perfect for maintenance or special occasions. A crunchy pecan-based crust is topped with a silky, creamy avocado and coconut filling infused with fresh key lime juice and a hint of maple sweetness. Naturally vegan, gluten-free, and full of bright, tangy flavor, these dessert cups are easy to prepare, beautifully portioned, and perfect for a light, guilt-free indulgence that delights the taste buds and honors your healthy lifestyle.

Makes 4 servings.



INGREDIENTS

CRUST:

2/3 cup pecans

1 Tbsp coconut oil, melted

1 Tbsp powdered Swerve or Monkfruit



FILLING:

1-1/2 cups ripe avocado (2-3, depending on size)

3/4 cup extra-virgin or centrifuged coconut oil (very soft, but not liquid)

1/4 cup unsweetened coconut milk (carton)

1/3 cup + 2 Tbsp key lime juice (if unable to get key limes, use regular limes and cut the amount to 1/4 cup + 1 Tbsp)

1/3 cup + 2 Tbsp Lakanto Maple Syrup

Zest of one lime (plus more for garnish)

DIRECTIONS

CRUST:

Place pecans in a food processor or blender and blitz until finely ground.

Remove and place in a bowl. Add coconut oil and Swerve and mix well. Press the mixture down into 4 small glass jars, glasses or ramekins.

FILLING:

In a blender or food processor, add all the filling ingredients, except for the zest.

Blend/process on high until a creamy green batter is formed without lumps.

Stir in the zest with a spatula.

Spoon the key lime filling on top of the crust. Freeze for 1 hour or refrigerate for 3 hours.

Serve with a dollop of whipped coconut cream or dairy-free plain coconut yogurt.

Top with extra lime zest.