

## Strawberry Dream Pie

Marla Danielson

- 1 Graham Cracker Crust
- Fresh strawberries, sliced
- Coconut whipped cream
- Strawberry pudding

Make coconut whipped cream by refrigerating 1 can full fat coconut milk overnight. Remove top, creamy part and blend with a hand mixer a bit. Add the juice of ½ lemon, 1 t. vanilla powder and 2 T. powdered sugar or maple syrup. Blend again until smooth and creamy like whipped cream.

### To make strawberry pudding, place in blender and blend until smooth:

- ¾ c. oat milk
- 1 c. fresh strawberries, sliced
- 2 T. organic cane sugar
- 2 T. cornstarch
- ½ t. vanilla powder
- Pinch of salt

Place in small kettle and bring to a light boil, stirring constantly. Cool in fridge before layering in graham cracker crust.

### To assemble pie:

Begin with a layer of fresh sliced strawberries, then a layer of strawberry pudding, followed by a layer of coconut whipped cream. Repeat and top off with some more fresh sliced strawberries and graham cracker crumbs.

### Did You Know?

*Healthline.com*

- The strawberry (*Fragaria ananassa*) originated in Europe in the 18th century.
- It is a hybrid of two wild strawberry species from North America and Chile.
- Strawberries are low in calories, delicious, and healthy.
- They are a good source of many vitamins, minerals and plant compounds — some of which have powerful health benefits.
- The health benefits include reduced cholesterol, blood pressure, inflammation, and oxidative stress.
- Furthermore, these berries may help prevent big spikes in both blood sugar and insulin levels.
- Strawberries are an excellent addition to a healthy diet.