

# Good Enough 2 Eat

TELEVISION ABOUT FOOD, GOOD FOOD. FOOD GOOD ENOUGH TO EAT!



[www.goodenoughtoeat.net](http://www.goodenoughtoeat.net)

## Carob Pie with Cashew Pastry

### You'll need:

- 2 cups water
- 2/3 cup raw cashews
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1/2 cup honey
- 1/2 cup pure maple syrup
- 3 tablespoons cornflour
- 3 tablespoons carob powder
- 1 tablespoon instant coffee substitute
- 1 medium banana, sliced



### Here's what to do:

Place all ingredients, except the banana, in a food processor and process until creamy and smooth.

Pour mixture into a saucepan and stir continuously over a medium heat until it thickens.

Cover the base of a pastry shell (see below) with slices of bananas.

Pour the carob mix on top of the bananas.

Chill and serve

Look for a range of instant coffee substitutes that are caffeine free at your local supermarket.

### To make the cashew pastry:

Blend 1/2 cup cashews, 1/2 teaspoon salt with 1 cup of water. Add 1 1/2 cups of plain wholemeal flour to the cashew mixture. Mix well into a firm ball of pastry and then divide. This should provide enough pastry to make two, 25cm pie shells. Wrap the pastry tightly in Gladwrap and cool in the fridge for about 30 minutes. When ready, roll out the pastry on a floured board and place into a shallow pie dish. Bake the pastry for 10 minutes in an oven at 180°C until firm. Let the pastry shell cool. Repeat the process using the other pastry ball and freeze for another time.

