

FRENCH SILK PIE

INGREDIENTS

3 tbsp arrowroot starch

1 tsp vanilla

1 1/2 cup almond milk
unsweetened

2 cups whipping cream

1 cup Lily's chocolate chips

2 tbsp sugar free powdered
sugar - recipe below

chocolate shavings for top of pie

PROCEDURE

In saucepan combine cornstarch and milk over medium heat,
until boils, stirring constantly.

Add chocolate chips and vanilla and stir until smooth.

Pour into bowl, cover with plastic wrap until room temperature.

In a large bowl, combine whipping cream and powdered sugar,
beat until soft peaks form - will take several minutes.

Reserve 1 cup for topping.

Beat cooled chocolate mixture at medium speed
until light and fluffy.

Fold into remaining whipped cream.

Pour into a cooked pie crust or spoon into small containers of
choice for individual servings.

Grate chocolate shavings on top before serving.

Sugar Free Powdered Sugar

1/2 tsp stevia
1 cup arrowroot

Blend all ingredients in a blender. It will smoke a little, but that is
ok. You will have powdered sugar in a few seconds.
Store in a covered container in the pantry.

NATURAL HEALTH

2000 Jefferson St. Quincy, IL 62301
(217) 228-2040