



# TASTING TABLE

Recipe to accompany the article available at <http://TastingTable.com>.

## Pineapple Icebox Dessert

*Adapted from Ani's Raw Food Desserts by Ani Phyo (Da Capo Lifelong Books)*

Makes 6 to 8 servings

### **Crust**

2 cups cashews

1 vanilla bean, seeds scraped out (or 1 tablespoon alcohol-free vanilla extract)

2 tablespoons agave syrup

### **Filling**

1½ cups cashews

⅓ cup agave syrup

¼ cup liquid coconut oil

¼ cup water, as needed

2½ cups fresh pineapple, cored and chopped

1. *To make the crust, combine the cashews and vanilla in a food processor and chop to a crushed, waferlike texture. Add the agave syrup and process to mix well. Sprinkle half of the crust onto the bottom of a 5-by-9-inch nonstick loaf pan.*
2. *To make the filling, combine the cashews, agave syrup and coconut oil in a blender and blend until smooth, adding water as needed to create a creamy texture. Spoon the mixture into a mixing bowl, add the pineapple and stir to mix well.*
3. *Spoon the filling into the loaf pan and sprinkle the remaining crust on top. Pat down lightly, and freeze for two hours or until chilled. The dessert will keep for 4 to 6 days in the refrigerator or several weeks in the freezer.*