



New Vitality

Holistic health from a biblical perspective



A Healthy Yet Decadent Treat for Your Sweetheart

Not all sweets are sinful, although they may be sinfully delicious! In fact, we have been known to eat [Sweet Raw Pumpkin Pie](#) for breakfast at my house!

Another example of guilt-free pleasure is this **Decadent Raw Chocolate Pie**. Sweet as it may be, it contains no added sugars because it is sweetened with glycerin. "Glycerin," you may ask, "isn't that what they make soaps and lotions out of?" Well, yes, but it is also a sweet, syrupy food additive made from vegetables, and.... it has a ZERO glycemic index, meaning that it will not spike your blood sugar. An extra bonus is that it does not have a funny aftertaste!

One of my favorite things to do is to take really yummy-looking yet unhealthy recipes and make them healthy. My friend May affectionately refers to this action as "Julify."

So, that is just what I have done for you in hopes that you will treat your sweetie to a guilt-free dessert this Valentine's Day! And for all those guys out there, you don't even have to bake!



Sinfully Decadent Raw Chocolate Pie

For the crust, process to make a fine meal:

- 1 1/4 c. pecans
- 1 1/4 c. macadamia nuts (or almonds)

Add and process until well combined:

- 3-4 dates, soaked in hot water, pitted
- 1/4 t. vanilla
- 1/8 t. salt

Press tightly into a pie pan, then add filling:

To make the filling, in blender, liquify:

- 1 c. coconut milk (I prefer canned)
- 3/4 c. glycerin (adjust to taste)
- 1/3 c. cacao or carob powder
- 2 T. vanilla
- 1/8 t. salt

While blender is running, carefully lift lid and slowly stream in:

- 1/2 c. melted cocoa butter, cooled to a warm, not hot temperature
- 1 T. lecithin

Refrigerate until set-- about 30 minutes, and voila! A healthy dessert that will earn the admiration and affection of that special person in your life.

For more "Julified" recipes, check out [The Lazy Housewife Cookbook](#).