

Best Raw Apple Pie with Cashew Cream Topping for Tu Be'Shvat!

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In honor of Tu Be'Shvat, I am excited to share with you my ultimate raw apple pie recipe! I have been making this pie for almost 18 years now, since I first found out about the magic of eating lots of raw fruit.

Apple pie has sentimental value for me because my Savta Puah used to make apple pie, and it's been my favorite since I was a little girl. Believe it or not, this healthy raw version hits the spot just as much as Safta Puah's apple pie did so

many years ago.

This pie's topping is so YUM, it really makes the whole recipe such a winner. Since it is so rich and filling and a bit expensive to make, I like to slice this pie into small squares and store it in the freezer. When I'm in the mood for a sweet pick me up, like in the middle of the afternoon or in the evening, I take out a piece, let it thaw and have it with some lemon-ginger-honey tea or with almond-date milk. Heaven!

Before getting to the recipe and in honor of Tu'Beshvat, let's have a little fruit education lesson, shall we?

Believe it or not, this healthy raw version hits the spot just as much as Safta Puah's apple pie did so many years ago...

Did you know that fruit has the highest amounts of antioxidants and are the most astringent of all foods? They also have the highest electrical properties of any food. The energy in raw fruit is so high that they speed up neuron activity. What all of this means is that fruit does not only nourish you, it cleanses you as well. In other words, It's an anti-constipating agent.

And that my friends, is the secret power of fruit – they are the most powerful detoxifying food on earth! This is due to their enzymes, natural sugars, high electricity and alkaline nature. They are therefore crucial for good health because your intestinal tract is one of the most important systems in the body and it must be kept clean, strong and healthy always! I know it sounds kind of simplistic but understand that if the sewer system of any mechanism is backed up, that mechanism will not be able to keep functioning appropriately or at all.

Fruit contains sugar, but NOT the processed, denatured, chemicalized stuff found packaged in the supermarket. The sugar in a ripe, fresh piece of fruit is packaged by God, in a synergistic blend of goodness that includes vitamins,

minerals, enzymes, water and more. All these together form a Divine, harmonious blend of goodness and healing. Fruit sugar is critical for energy and brain function. Only God's sugar – from fresh fruit, not the fake kind!



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Eat fruit ONLY on an empty stomach! Best time to eat fruit is in the morning and as a snack throughout the day, a few hours before or after having eaten.

And now... for the recipe:

CRUST

2 cups walnuts

$\frac{1}{2}$ cup dates, pitted

1 tsp cinnamon

$\frac{1}{2}$ tsp grey salt

FILLING

8 apples

$\frac{1}{2}$ cup dates, pitted

1TBS lemon peel

1 tsp cinnamon

Juice of one lemon

Dash of nutmeg or pumpkin pie spice

CASHEW CREAM TOPPING

1 cup cashew butter

1.5 TBS honey

1 tsp vanilla

Juice from $\frac{1}{2}$ a lemon

$\frac{1}{4}$ cup coconut oil

$\frac{3}{4}$ cup filtered water



In a food processor with the S-blade, process all crust ingredients until finely minced. Pour into a 9×13 pan and spread evenly.

With the slicing blade, process the 8 apples in the food processor and place in a bowl.

Now switch back to the S blade, and place in the food processor 1 cup of the chopped apples along with the rest of the filling ingredients. Process for 10 seconds Pour into the bowl with the rest of the apples and mix everything together well. Pour this filling onto the crust and spread evenly.

Next, place all cashew whipped cream ingredients in a blender or a food processor with the S blade. Process for about a minute. Pour over cake.

Now – Place in freezer for a few hours and then thaw. This is an important step for the cream to thicken properly and for the cake texture to be just right.

Enjoy with herbal tea! Happy Tu Be'Shvat to you!