

# Banana Nut Pie Crust



## TIPS:

### 1. **More Than Just a Doughy Pie Filling**

**Container:** Unlike a traditional pie crust made with flour, sugar, water, butter and oil, the banana, nut and spice ingredients give this crust a flavor and texture that both stand on their own and contribute full-on flavor to your favorite pie filling.

2. **Vegan Recipe:** This recipe qualifies as a vegan recipe because the combination of oil and butter

found in traditional pie crust recipes is substituted here with banana.

**Preparation Time:** 15-20 minutes

### **Ingredients**

(for one 10-inch diameter pie)

**Cooking Spray** (not pictured below)

**2 Cups Ground Nuts** (I used a combination of ground almonds and chopped pecans)

**2 Ripe Bananas**

**1 1/2 Tablespoons Vanilla Extract**

**1/2 Teaspoon Salt**

**Shake** (about 1 1/2 teaspoons) **Ground Cinnamon**

### **Optional Ingredients**

**Shake** (about 1 teaspoon) **Pumpkin Pie Spice**  
**1 Tablespoon Pumpkin or Apple Butter** (can be substituted with sugar)

**About 1 Tablespoon Cacao Powder**

**Handful Raisins** (or any other dried fruit)



## Equipment

Measuring Cup

9-10 Inch Pie Pan

Mixing Bowl (large enough to contain all the ingredients and allow for mixing)

Tablespoon

Teaspoon (optional - you can measure by hand or by estimating as shown in this recipe)

Pot Holder or Folded Dish Towel



1. Peel and use a fork to mash **2 ripe bananas** in a bowl until what you have looks about as shown in the third picture below.



2. Add **1 1/2 tablespoons vanilla extract**, **1/2 teaspoon salt** (or about as much as shown in the palm of my hand below) and a **good shake** (or about 1 1/2 teaspoons) **ground cinnamon**.



3. Add your choice or a combination of the following **optional ingredients**: a **shake** (about 1 teaspoon) **pumpkin pie spice**, **1 tablespoon pumpkin** or **apple butter** (or sugar), a **light shot of hazelnut syrup** (or any other nut

flavored syrup),...



...a good shake (about 1 tablespoon) **cacao powder** and/or **a handful of raisins** (or any other dried fruit).



4. Measure **2 cups ground nuts** (I'm using a

combination 1 1/2 cups ground almonds and 1/2 cup chopped pecans, but any ground nuts will work)...



...and pour them in the mixing bowl.



5. Stir with a tablespoon until **all the ingredients** are well mixed together as shown in the picture below on the right.



6. To make pressing the **dough** onto the pie pan as easy as possible, refrigerate the dough for a least an hour. If you, don't have an hour (I usually don't), skip to step 7.





7. Scoop the **dough** out of the bowl with your hands, and form the **dough** into a ball.



8. Spray a pie pan with a **light, even coat of cooking spray**.



9. Put the **dough ball** in the middle of the pie

dish and press it into place as shown in the 2 pictures below until what you have looks about like...



...this.



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