



Chocolate Mint Avocado Cream Pie with Vanilla Wafer Crust

EQUIPMENT

- Gram Scale
- Measuring Cups & Spoons
- Mixing Bowl (medium size)
- Small Bowls/Cups
- Glass Cup
- Cutting Board
- Sharp Knife, Spoon
- 9" Pie Plate
- Spatula
- Food Processor
- Hand Mixer

Nutrition Facts *Metabolic Pro #7011, 6/8/2020*

Per serving	Per entire recipe
Calories: 274	Calories: 2192
Protein: 2.2 gm	Protein: 17.4 gm
Carbohydrate: 30 gm	Carbohydrate: 238 gm
Phenylalanine: 109 mg (7 exch)	Phenylalanine: 872 mg
Leucine: 157 mg (5 exch)	Leucine: 1254 mg

PREP TIME: 30 minutes

COOK TIME (CRUST ONLY): 12 minutes

Vanilla Wafer Pie Crust:

- 6 ounces Vanilla Wafers, Graham Crackers or Chocolate Wafers (eCamp cooking class demo used vanilla wafers)
- 3 tablespoons (36 gm) Sugar
- ¼ teaspoon Table Salt
- 5 tablespoons Unsalted Butter, melted

Chocolate Mint Avocado Pie Filling:

- 200 gm (2 medium) Avocados, Fresh (skin & seed removed) [demo used California (black skin) avocados]
 - ✎ Gently rub produce under cold running water. After cutting avocado in half, remove seed and use a spoon to scoop out avocado filing.
- 75 gm (1 cup) Whipped Topping (i.e. Cool Whip)
- 15 gm (3 tablespoons) Cocoa Powder, unsweetened
- 36 gm (2 packed tablespoons + 2 packed teaspoons) Brown Sugar
- 2 teaspoons Vanilla Extract
- ¼ teaspoon Peppermint Extract
- ¼ teaspoon Salt



DIRECTIONS

1. After cleaning the food preparation area you will be using, gather the equipment and ingredients you need for this recipe. *Read the recipe in its entirety before starting.*
2. Wash your hands with soap and water.

Vanilla Wafer Pie Crust:

3. For the vanilla wafer pie crust, this should be made at least a day ahead.
4. Preheat the oven to 350 degrees Fahrenheit.
5. In a Food Processor, pulse the vanilla wafers until they are finely ground. You can also add the wafers to a Ziploc bag and crush the wafers with a rolling pin or cup. Once finely crushed, pour the crumbs in a bowl.
 - a. Add the sugar, salt and melted butter until combined if using a Food Processor or add to the bowl of crumbs and mix until well combined.
6. Firmly press the vanilla crumb mixture onto the bottom and up the sides of a 9" pie plate. You can press the crumbs with your fingers or using a flat-bottomed glass.
7. Bake until the crust is dry and set, about 12 minutes.
8. Let cool completely on a wire rack.

Chocolate Mint Avocado Pie Filling:

9. After pitting and scooping out the avocados, add to a bowl. Add the cocoa powder, brown sugar, salt, vanilla extract & peppermint extract. Mix until smooth.
10. With a spatula, gently fold in the whipped cream until incorporated.
11. Pour the mixture into your prepared pie crust. Smooth the top with a spatula.
12. Cover and refrigerate for 3 hours or overnight.
13. Before serving, you can top with whipped cream and serve. *This is not included in the nutritional analysis.*

YIELD: 1 pie

SERVING SIZE: 1 slice (1/8 pie)

NUMBER of SERVINGS: 8

THE RECIPE:

- The nutrient values are approximations due to the variations in ingredients and measurements.
- The nutrition content was calculated by a registered dietitian.
- The nutritional values used in the calculations came from Metabolic Pro (GMDI) and the USDA Agriculture Research Service Data Central.
 - **Metabolic Pro:**
 - <https://www.metabolicpro.org/>
 - **United States Department of Agriculture (USDA):**
 - <https://fdc.nal.usda.gov/>
 - Accessed: 6/8/2020



SOURCES:

- **Martha Stewart Vanilla Pie Crust Recipe:**
 - <https://www.marthastewart.com/329041/easy-press-in-pie-crust>
 - Accessed: 6/8/2020
 - Additional notes provided by Kristen Narlow for the eCamp cooking class demo.
- **Chocolate Mint Avocado Pie Filling**
 - Developed by Kristen Narlow, MS, RDN, LD, CC
- **Safe Recipe Guide:**
 - <https://www.saferecipeguide.org/>
 - Accessed: 6/8/2020
- **Centers for Disease Control & Prevention (CDC):**
 - <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>
 - Accessed: 6/8/2020
- **Food & Nutrition Magazine[®]:**
 - <https://foodandnutrition.org/about-us/about-our-recipes/>
 - Accessed: 6/8/2020