

No-bake Vegan Key Lime Pies (paleo, grain-free, gluten-free, dairy-free)

- Prep Time: 30 min
- Cook Time: 0 min
- Ready in: 1:20 h
- Yield: 12 mini pies

Ingredients

For the crust:

- 1/2 cup (43 grams) unsweetened shredded coconut
- 1 cup (145 grams) roasted salted cashews
- 1 1/2 tablespoons pure Canadian [maple syrup](#)
- 1/2 cup soften dates
- 1 teaspoon vanilla extract
- pinch of salt

For the filling:

- 1 cup (145 grams) roasted salted cashews, soaked for 1 hour¹ (there's no sub for the cashews)
- 3/4 cup (168 grams) unrefined coconut oil, very soft or melted (do not use cold coconut oil!)
- 1/4 cup (60 grams) coconut cream (the top, solid part from a can of full-fat coconut milk that's been refrigerated overnight)
- 1/2 cup (120 milliliters) freshly squeezed lime juice or Key lime juice
- 6 tablespoons (89 milliliters) pure Canadian [maple syrup](#)
- 2 tablespoons (8 grams) lime zest
- 1 teaspoon vanilla extract
- pinch of salt, or more to taste

Directions

1. Line a muffin pan with 12 muffin liners. Prepare the crust. Heat a pan over medium-high heat and add the coconut. Stir frequently until nicely toasted. Do not walk away from the pan as the coconut starts to burn very quickly! Pour the coconut into a small bowl and let cool for about 5 minutes. You can skip the toasting step but I think it adds so much flavor to the crust!
2. Place all the crust ingredients in a high-powered blender and process at low speed until the mixture starts to clump together. Don't process so long that it becomes pasty. When you pinch some of the mixture between your fingers, it should easily clump together. If it doesn't, add a tiny bit of water and process again until it does.
3. Divide the mixture between the liners (17 grams per liner) and use the bottom of a shot glass or your fingers to press the mixture firmly over the bottom of the liners.



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4. Place the pan in the refrigerator while you prepare the filling.
5. Wipe out the blender jar using a paper towel and place all the filling ingredients in there. Blend for about 30-60 seconds at high speed until totally smooth.
6. Pour about 1/4 cup (50 grams) of filling over each crust.
7. Refrigerate for about 4 hours or until firm. If you're in a hurry, place the pan in the freezer.
8. Refrigerate the pies in an airtight container for up to 3 days. If you freeze them for a while, they'll need about 70-80 minutes at room temperature to defrost or about 1 1/2 - 2 hours in the refrigerator. Once properly defrosted, they should be totally creamy.

Notes

1. Place the cashews in a small pot, pan or mug and cover with boiling water. Let sit for 1 hour. Drain the water.
- While I'm sure the crust can be made in a food processor, I'm not sure about the filling. It definitely wouldn't be as smooth (using a high-power blender, it's totally smooth) and it may not work at all. If you try it anyway, let us know how it goes!