

Gluten-Free Banana Coconut Cream

Makes 9 inch single crust pie

Equipment Needed:

Rolling pin

9" pie plate

Parchment paper

7 inch cake pan or glass dish that fits in pie plate or dried rice or beans for blind baking

Bowl and spoon for mixing filling

Measuring cups and measuring spoons

Cutting board and knife

Saucepan

To Make The Banana Coconut Cream Pie:

Preheat the oven to 400 degrees F. Sprinkle dusting flour on a clean surface (like the counter) and on the rolling pin. Roll out the pastry to about 1/8 of an inch thick and 12 inches in diameter. Make sure there is enough flour used for dusting (use white rice flour) so that the pastry does not stick to the counter or to the rolling pin. Place the pie plate on top, upside down. Cut the pastry about 1-2 inches past the edge of the pie plate and go all around the pie plate. Turn the pie plate upside right. Fold the pastry in half and lift it into the pie plate. Unfold and make it fit in the pie plate. Fold the edge of the pie crust to create a lip around the edge of the pie plate. Crimp the lip. Place the parchment paper on the inside of the pie crust and then place the cake pan inside or add the rice or beans.

Put the pie crust in the oven and bake for 20 minutes. If using the beans or rice, pull them out of the pie crust after 10 minutes so the bottom of the pie can cook. If using the cake pan or glass dish, check after fifteen minutes – the pan or dish can be removed and then cooked for 5 more minutes

To make the filling:

1 1/2 cups whole milk or light coconut milk

2/3 cups organic sugar

4 tsp butter or coconut oil

2 tbsp tapioca starch

1 tbsp white or brown rice flour

1 egg

1/4 cup whole milk or light coconut milk

1-2 ripe banana

1/3 cup unsweetened, sulfite-free shredded coconut

1/2 tsp vanilla



Place 1 1/2 cups milk, in a saucepan on high heat. Add the sugar and butter and bring to a boil. Meanwhile, mix the tapioca starch and rice flour together and add to the remaining 1/4 cup milk. Mix until there are no lumps. Add the egg and mix again. Add to the boiling milk mixture and stir constantly until it boils again.

Remove from the heat and add the vanilla and coconut. Stir. Place a small amount of the filling into the bottom of the baked pie crust and spread to cover the bottom. Peel and cut the bananas into slices and add to the pie. Add the rest of the filling and make sure the bananas are completely covered. Let cool. Serve at room temperature with fresh whipping cream or your favourite ice cream. If not serving within a couple of hours, store in the refrigerator.