

No Bake Key Lime Pie Bites

Recipe from RAMC Dietitians

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Pie Crust Coating Ingredients:

- ¼ cup macadamia nuts
- 1 teaspoon lime zest
- 2 tablespoon coconut sugar or a sugar-free sweetener
- Pinch of salt

Key Lime Pie Bite Ingredients:

- ½ cup macadamia nuts (raw or roasted)
- ½ cup sunflower seed (raw and shelled)
- 3 tablespoon lime juice
- 1 teaspoon lime zest
- 1 teaspoon vanilla extract
- 1/3 cup coconut oil, melted
- ¼ cup coconut sugar or a sugar-free sweetener
- ¼ cup coconut milk
- 1 tablespoon coconut flour

Instructions:

1. Mix all pie crust ingredients in food processor. Pulse until coarse, grainy, flour forms.
2. Pour into a separate bowl. Set aside.
3. Mix all key lime pie ingredients in food processor. Pulse until thick and creamy (similar to hummus or nut butter).
4. Grease an ice cube tray. Fill tray with creamy key lime pie mixture.
5. Freeze for 35-45 minutes or until solid and firm.
6. Remove pie bites and roll them in pie crust coating in the bowl.
7. Enjoy and store extra in freezer.

Nutrition Facts	
Servings 16.0	
Amount Per Serving	
calories 81	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 4 g	21 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 0 mg	0 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 1 g	2 %
Sugars 5 g	
Protein 1 g	2 %
Vitamin A	0 %
Vitamin C	0 %
Calcium	1 %
Iron	1 %

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.



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