

## SHOPPING LIST

- 1 c Pitted Soft Dates
- 1 c Almond Flour
- 1 Tsp Vanilla Extract
- 1 Tbsp Coconut Oil
- 1/4 c Ground Flax Seed
- 1/4 c Hemp Seeds
- 1/4 c Cocoa Powder
- Dash of Salt
- 2 Tbsp Water



FEED THE MASS

## CHOCOLATE PIE CRUST

1 PIE

## LETS START COOKING

1. Place all crust ingredients into your food processor and blend until smooth dough.
2. Spray your 8 inch pie plate with a non stick healthy oil.
3. Using your hands press dough down evenly.



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