

# How to Make: Raw Pecan Pie & Mac Nut Whip Cream with KHON's Living808

Kelly Simek: It's the holidays, and the wonderful people from Down to Earth are here to show us how dessert can be both yummy and good for you. Check this out!

Trini Kaopuiki: 'Tis the season for pies. Welcome back everybody to Living 808! We are here at Down to Earth's Community Room. I am with Sabra, who's a registered dietitian with Down to Earth, right?

And I'm really excited because I hear we're making pies today. But, I don't know what kind of pie.

Sabra: We're making a raw pecan pie, and then we'll also make a mac nut whipped cream.

Trini: Ooo, sounds delicious!

Sabra: Delicious... delicious.

Trini: Alright, what's the first step? What are the ingredients?

Sabra: So, first we'll make the crust. And what you do for the crust is... I have some raisins, some walnuts, some almonds that have been soaked over night... and then I also have some cinnamon. And we put that into our food processor, and we end up...

Trini: Voila!

Sabra: Yes!

[Laughter]

Trini: Ok, so this is what it looks like.

Sabra: Yes! So, if you would like to, you can press this one out into the pie pan.

Trini: Ok

Sabra: And while you do that... I am going to make the filling.

Trini: Alright

Sabra: So, for our filling... we are going to put in... two apple bananas,

Trini: I love apple bananas!

Sabra: They're so good, and they're the perfect size! Perfect snack! You don't end up with too much banana.

Trini: Now if you don't have apple bananas, can you use regular bananas?

Sabra: Yes, definitely. So, I would probably use one regular banana.

Trini: Ok

Sabra: And that should be enough. I also have some pecans here.

Trini: So you're making the filling, you said, right now?

Sabra: Yes... the filling right now. And then I have some... figs that have been soaked overnight, and this just helps soften them up so that they'll process nicely. I have some dates here.

Trini: Ok

Sabra: And then for our... spices... I have some cinnamon, and this just... it smells like fall. I love it!

Trini: Yes, it smells delicious!

Sabra: And some nutmeg... and then something that we're using is... a raw vanilla powder.

Trini: Mmm

Sabra: So this is really good because it has a stronger flavor than regular vanilla, because it's not diluted. So it gives us a really good vanilla flavor. So, with this, we're just going to... process. And... this will be our filling.

Trini: Go ahead!

Sabra: Alright!

Trini: [Laughing]

Let's do it!

Sabra: [Laughing]

[Food Processing Sound]

Trini: That looks so good!

Sabra: Yes! Very, very good! And if you need to, you can add a little bit of the soaking liquid from your dates or figs if you need a little more liquid inside (if it's not processing well).

Trini: Alright, so we can finish... if that needs to be done a little more we can do that during the break, but...

Sabra: Yes!

Trini: How am I doing?

Sabra: It looks good!

Trini: Looks good?

Sabra: It looks good!

Trini: Ok. And this is perfect because we're learning how to do this on a Monday (because Christmas is on Sunday).

Sabra: Yes!

Trini: So a lot of people will be baking this week, right? So, in the next segment, we're going to go ahead and add the filling, and then... see what else to do.

Sabra: Yeah, we'll add some mac nut whipped cream.

Trini: Oh, that sounds good! Alright.

Sabra: Perfect!

Trini: We'll be right back!

Trini: We're here in the Community Room at Down to Earth on King Street. We're here with Sabra, who's a registered dietitian here at Down to Earth. And I'm so excited, because we are making pie today. A raw pecan pie.

Sabra: Yes!

Trini: with mac nut

Sabra: whipped cream

Trini: whipped cream.

Sabra: Excellent!

Trini: Ahh, I love the holidays, right?

Sabra: So good!

Trini: But what we're making today, it's really a healthy dessert, so you don't feel guilty during the holidays.

Sabra: It's definitely a healthier option, because our traditional pecan pie has a lot of sugar, a lot of syrups... In this one, we're just using dried fruit and bananas to sweeten it. So, it's a very healthy alternative to a regular pecan pie.

Trini: Ok, I like that! Then you can have more than one piece, right?

Sabra: In moderation, of course!

Trini: Alright, so I did the crust. And it does look fabulous, if I say so myself.

Sabra: Looking good!

Trini: [Laughing] And you did great for the filling...

Sabra: Yes!

Trini: So, can I just go ahead and put the...

Sabra: Yeah, go ahead and put the filling on. And while you do that, I'm going to make our mac nut whipped cream.

Trini: Ok.

Sabra: So, for this... you put in... you have your water.

[Water Pouring]

And these are macadamia nuts... which make such a nice creamy base.

And then we're also going to use... (this does contain sweetener) so this is a coconut nectar.

Trini: Mmm

Sabra: And then we will process this...

Trini: Now we should say, we're not telling everybody the measurements right now, but you can find it on the recipe, right?

Sabra: Yes, we want you to come check out our recipes on [DowntoEarth.org](http://DowntoEarth.org). Everything is posted there. And we have excellent... all kinds of holiday recipes as well. So, I'm going to blend this.

[Blending Sound]

And, just to show, I have one that I've finished. So this is a finished mac nut whipped cream.

Trini: Ok, look at that!

Sabra: And it makes such a beautiful, nice cream. You can use this as a topping on your pie. Oh, that looks good!

Trini: Yeah

Sabra: And then, for this... you'll want to refrigerate your... pie. It'll set up really nice in the fridge. And then, when you cut it... you can drizzle with your mac nut whipped cream.

Trini: Now... so after this, it goes the whipped cream.

Sabra: Yes!

Trini: And then, you put the pecans.

Sabra: You can... Well, you can put the pecans on after... you put the filling.

Trini: Oh, ok.

Sabra: And then you can drizzle, or put a nice dollop on top. Which, that's what we like to do. Tastes... tastes pretty good.

Trini: It's kind of fun to make, actually, and it wasn't hard.

Sabra: No! It's good for kids too, because they love to like "get in." So this is something you can definitely get your family involved in. Have your kids help you press out the pie crust. Put the pecans on top. They can do their own decorations.

Trini: Ok, I will say though... a lot of people are very busy during the holidays. So, if they cannot... if they don't have time to make this at home... there are other options, right?

Sabra: Yes, so we have amazing options. Our deli makes fresh pies. So... and cheesecakes as well. So, we have... This is a vegan mango cheesecake.

Trini: Ooo Amazing!

Sabra: And then I also have... from our frozen sections... some... frozen pies. Or, if you need just a filling... or sorry... a crust. You can buy a crust, as well, from the frozen section.

Trini: Ok. That's good. Because, you know what? I mean... it's easy to make the filling, but the crust may take a little more time for me.

Sabra: Yes!

Trini: So, then I can cheat a little bit.

Sabra: Exactly.

Trini: Ok.

Sabra: Exactly, and you still have a pie that comes off as home made.

Trini: Alright.

Sabra: That looks excellent!

Trini: Yeah! I can totally see the kids wanting to help with this.

Sabra: They put their own design.

Sabra: So, very good!

Trini: Yes, I can do hair and eyes... with a fun nose in the middle.

Sabra: Oh... yeah! [Laughing] Some mac nut whipped cream smile.

Trini: Alright Sabra... thank you so much!

Sabra: Thank you!

Trini: You said to put in the refrigerator...

Sabra: Yeah!

Trini: right? And that will help set it.

Sabra: And then when you cut it, it will be nice and... firm.

Trini: Ok... sounds good! Now, I have to taste the whipped cream.

Sabra: Oh, yes!

Trini: Let me try... Oh, my goodness! Oh, my gosh!

Sabra: So good! So creamy!

Trini: Oh, that is really, really good! I give it a ten out of ten.

Sabra: [Laughing]

Trini: That is excellent! In fact, I would put that on a lot of things.

Sabra: Oh... amazing!

Trini: Ice cream... all sorts of desserts. That's really delicious!

Sabra: Fresh fruit, great option.

Trini: Fresh fruit... I like that! Oh, my goodness! Ok, just a reminder folks... you can find this recipe and many, many more... on Down to Earth's website.

Sabra: Yes!

Trini: Thank you so much! I'm going to finish up with my dish here...

Sabra: Oh, it looks excellent!

Trini: Thank you.