

Crustless Coconut Pie



Serves	8
Prep time	10 minutes
Cook time	45 minutes
Total time	55 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Gluten Free , RPAH Elimination Diet - Moderate Chemical , Salicylates & Amines
Meal type	Dessert
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Warm

Ingredients

- 4 eggs
- 3 tablespoons pure maple syrup
- 1 tablespoon arrowroot flour
- 1 tablespoon white rice flour
- 1/4 teaspoon baking powder
- 2 cups home made coconut milk (Refer to recipe)
- 1/4 teaspoon salt
- 1 cup coconut pulp or grated coconut

Directions

1. Preheat the oven to 180°C and grease a 25cm pie or tart dish.
2. Combine all the ingredients in a food processor or blender and process until smooth. Pour into the prepared dish.
3. Bake for about 45 minutes, or until the top is golden and the custard is set.
4. Allow to cool before serving. Can be served warm or cold.



Note

Moderate Amines, Moderate Salicylates, Low Glutamates

This recipe could be gluten-free if gluten-free baking powder was used.

If you don't have enough coconut milk, top it up with dairy milk or rice milk.

Refer here for the recipes for [coconut milk](#), [grated coconut](#) and [coconut pulp](#).