

Lemon Pudding/Pie

Joy Barnes

November 21, 2022

- ✓ In sauce pan heat and boil for one minute, stirring constantly:

½ cup warm water

4 tsp agar powder¹

- ✓ Then pour into blender with the following already present:

⅔ cup rinsed raw cashews

1⅓ cups organic cane juice crystals

¼ tsp sea salt

grated lemon zest from fresh squeezed lemons

1 cup water

1 cup fresh squeezed lemon juice

Blend together

- ✓ In sauce pan stir together:

1 cup cold water

½ cup arrowroot

- ✓ Add to your pan the above mixture (from the blender) and heat until thickened, stirring constantly.
- ✓ Add to your pan:

1 cup fresh squeezed lemon juice
and re-thicken (still stirring).

- ✓ Pour into pudding dishes or into 2 pre-baked 9" pie crusts or into 1 pre-baked 10" pie crust.
- ✓ Chill

1 Or **4 TBS** agar flakes