

Prep Time: 25 minutes

Chill Time: 4 hours (or overnight)

Total Time: 4 hours 25 minutes

Intensity Level: Easy (No-Bake, No-Stovetop Required)

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Introduction

If you're looking for a dessert that feels indulgent but works *with* your body instead of against

it, these Anti-Inflammatory No-Bake Coconut Cream Pie Squares are exactly what you need. Inspired by the classic coconut cream pie, this recipe swaps heavy cream, refined sugar, and gluten-filled crusts for wholesome, inflammation-fighting ingredients like turmeric, ginger, coconut, and almonds.

The result? A cool, creamy, naturally sweetened treat with a buttery almond-coconut crust and a silky coconut cream filling that sets beautifully in the fridge — no oven required. Whether you're managing chronic inflammation, following an anti-inflammatory diet, or simply want a healthier dessert that doesn't taste like one, these squares deliver.

They're gluten-free, dairy-free, refined sugar-free, and packed with healthy fats and antioxidants. Best of all, they come together in about 25 minutes of hands-on time, then the fridge does the rest.

Why These Ingredients Fight Inflammation

Before we dive into the recipe, here's a quick look at the anti-inflammatory superstars in this dish:

- **Turmeric + Black Pepper:** Curcumin, turmeric's active compound, is a powerful anti-inflammatory agent. A pinch of black pepper boosts absorption by up to 2,000%.
- **Ginger:** Contains gingerols that help reduce oxidative stress and joint pain.
- **Coconut (oil, milk, and shredded):** Rich in medium-chain triglycerides (MCTs), which support gut health and reduce inflammation.
- **Almonds:** High in vitamin E and healthy fats that combat oxidative stress.

- Maple Syrup (pure): A lower-glycemic sweetener with trace minerals, used sparingly.
 - Cinnamon: Loaded with antioxidants and helps regulate blood sugar.
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Ingredients

For the Crust

- 1 ½ cups raw almonds (or almond flour)
- ¾ cup unsweetened shredded coconut
- 2 tablespoons coconut oil, melted
- 2 tablespoons pure maple syrup
- 1 teaspoon ground cinnamon
- ¼ teaspoon sea salt

For the Coconut Cream Filling

- 2 cans (13.5 oz each) full-fat coconut milk, refrigerated overnight
- ½ cup coconut cream (scooped from the top of the cans)
- ⅓ cup pure maple syrup
- ¼ cup coconut oil, melted
- 1 teaspoon vanilla extract
- 1 teaspoon ground turmeric
- ½ teaspoon ground ginger
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground black pepper
- Pinch of sea salt

For the Topping (Optional)

- ½ cup unsweetened shredded coconut, toasted

- Fresh berries (blueberries, raspberries) for garnish
 - Extra cinnamon for dusting
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Equipment

- 8×8-inch square baking pan
 - Parchment paper
 - Food processor or high-speed blender
 - Mixing bowls
 - Whisk or electric hand mixer
 - Measuring cups and spoons
 - Spatula
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Instructions

Step 1: Prepare the Pan (Time: 2 minutes | Intensity: Easy)

Line an 8×8-inch square baking pan with parchment paper, leaving overhang on two sides for easy removal. Set aside.

Step 2: Make the Crust (Time: 8 minutes | Intensity: Easy)

In a food processor, pulse the almonds until they resemble coarse crumbs — be careful not to over-process into butter. Add the shredded coconut, cinnamon, and sea salt, and pulse a few times to combine. Pour in the melted coconut oil and maple syrup, then pulse until the mixture sticks together when pinched between your fingers.

Press the crust mixture firmly and evenly into the bottom of the lined pan using the back of a spoon or your fingers. Place the pan in the freezer while you prepare the filling.

Step 3: Prepare the Coconut Cream (Time: 5 minutes | Intensity: Easy)

Open the refrigerated cans of coconut milk. Scoop the thick, solid coconut cream from the top into a large mixing bowl (save the watery liquid for smoothies). You should have about 1 to 1 ¼ cups of coconut cream. Add the additional ½ cup coconut cream.

Step 4: Make the Filling (Time: 7 minutes | Intensity: Easy)

To the bowl with the coconut cream, add the maple syrup, melted coconut oil, vanilla extract, turmeric, ginger, cinnamon, black pepper, and sea salt. Using an electric hand mixer or whisk, beat the mixture for 2–3 minutes until smooth, fluffy, and fully combined. Taste and adjust sweetness if desired.

Step 5: Assemble the Squares (Time: 3 minutes | Intensity: Easy)

Remove the crust from the freezer. Pour the coconut cream filling over the crust, spreading it evenly with a spatula. Tap the pan gently on the counter to release any air bubbles.

Step 6: Chill (Time: 4 hours or overnight | Intensity: None — Passive)

Cover the pan with plastic wrap or a lid and refrigerate for at least 4 hours, preferably overnight, until the filling is firm and set.

Step 7: Toast the Topping (Time: 5 minutes | Intensity: Easy)

While the squares chill, toast the shredded coconut in a dry skillet over medium-low heat for 3–5 minutes, stirring frequently until golden brown. Remove from heat and let cool completely. (Skip this step if using untoasted coconut.)

Step 8: Slice and Serve (Time: 5 minutes | Intensity: Easy)

Lift the chilled slab out of the pan using the parchment overhang. Place on a cutting board and cut into 16 equal squares with a sharp knife, wiping the blade between cuts for clean edges. Top with toasted coconut, fresh berries, and a dusting of cinnamon.

Tips for Success

- Chill your coconut milk thoroughly. At least 8 hours or overnight in the fridge ensures the cream separates properly from the water.

- Don't skip the black pepper. It dramatically increases turmeric absorption.
 - For a firmer set, add 1 tablespoon of arrowroot starch or 2 tablespoons of melted cocoa butter to the filling.
 - Storage: Keep squares in an airtight container in the refrigerator for up to 5 days, or freeze for up to 2 months. Thaw in the fridge for 30 minutes before serving.
 - Nut-free option: Replace almonds with sunflower seeds or rolled oats (certified gluten-free).
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Nutrition Information

Per square (1 of 16), based on estimated values. Actual nutrition may vary by brand and exact measurements.

Nutrient	Amount
Calories	215 kcal
Total Fat	18 g
Saturated Fat	11 g
Trans Fat	0 g
Cholesterol	0 mg
Sodium	45 mg
Total Carbohydrates	12 g
Dietary Fiber	3 g
Total Sugars	7 g
Added Sugars	6 g

	Nutrient	Amount
	Protein	3 g
	Vitamin D	0 mcg
	Calcium	30 mg
	Iron	1 mg
	Potassium	180 mg
	Vitamin E	2 mg