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## It's National Raspberry Cream Pie Day! Plus: Healthy Mini Potato Bites for Little Hands

Hi ,

Move over, apple pie—*it had its day back on May 13th*. Now it's time for something a little tangier: August 1st is **National Raspberry Cream Pie Day!**

Traditional raspberry cream pie recipes use dairy, but a whole food plant-based (WFPB) twist skips animal products in favor of fruits, veggies, nuts, and seeds. Don't worry—you won't miss out on flavor.

Case in point: my [WFPB Raspberry No-Cream Pie](#) (no baking required). All the tang and creaminess you want—without the dairy.

### Recipes

#### WFPB Raspberry No-Cream Pie (No-Bake) Day!

It might not be a national holiday in the traditional sense, but **Raspberry Cream Pie Day** has definitely found a sweet spot in the hearts—and calendars—of dessert lovers everywhere. Celebrated every August 1st, this fun, unofficial food holiday seems to have sprung from the creativity of food fans rather than any historical event or culinary pioneer.

Since its rise alongside food blogs and social media in the early 2000s, it's won over pie enthusiasts far and wide. No one knows exactly where it began, but honestly, any excuse for pie is a good one!

#### Creating this Recipe was a Bit of a Challenge ~

My [WFPB Raspberry No-Cream Pie \(No-Bake\)](#) recipe began as an attempt to reinvent lemon meringue pie. I love pie and was craving one with a creamy filling that was both tart and sweet. I'd tried whipping aquafaba for meringue many times before, and I'm not sure why I thought this time would be different—but those stiff peaks still didn't show up. And honestly, I knew from the start that toasting aquafaba "meringue" was a lost cause.

So, I pivoted to raspberries and focused on recreating a "cream" for **Raspberry Cream Pie Day**. The goal? A thick, creamy base that was rich but lower in calories. After some research and a bit of trial and error, I landed on a blend of soaked cashews, firm tofu, lite coconut milk, and maple syrup. For the fruit, I chose to purée the raspberries rather than fold them in whole—and I'm glad I did. The purée delivers that signature tangy-sweet punch raspberries are known for.

My plan for the crust was a graham cracker base. After forgetting them by my third store run, I improvised with almond flour, ground oats, almond butter, and maple syrup. It made a sweet, nutty, no-bake crust that perfectly balanced the tart filling.

This just might be my new favorite dessert—hope it becomes yours too.



Impressive as one pie.



Adorable as mini pies.



## Little Sprouts

### Healthy Mini Potato Bites for Little Eaters

These [baked mini potato bites](#) are made with creamy mashed potatoes, oat flour, and a touch of onion powder. A great way to use leftover mashed potatoes and they bake up perfectly. So yummy and just the right size for little hands to grab and munch.

Naturally gluten-free and freezer-friendly, these flavorful bites contain no added salt and are perfect as part of a meal or a stand-alone snack—sure to be a hit with your little ones.

They're easy to customize, too: try a flax or chia seed egg for an egg-free version, mix in your favorite seasonings, or toss in some fresh herbs. Serve them warm or at room temperature, making them ideal for on-the-go snacking. Simple, wholesome, and 100% grandchild-approved—because when it comes to feeding babies and toddlers, *simple really is best*.

## Until We Share Another Bite

Whether you're diving into [WFPB Raspberry No-Cream Pie](#) with a dairy-free twist or whipping up some tasty [baked mini potato bites](#) for those tiny hands, there's just something magical about simple, nourishing food made with love. These recipes prove plant-based eating can be easy, fun, and seriously delicious for all ages. So go ahead—treat yourself and those little taste-testers today!

Drop a comment or tag me on [Instagram @PLANTifullFare](#)—let's make the most of summer together!

From my kitchen to yours—here's to summer laughs, little helpers, and lots of PLANTifull moments!

Peas n health,

~ Donna

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