



[Recipes](#) [Shop](#) [Connect](#) [Subscribe](#)

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

P.S. ~ If you enjoyed this newsletter, I'd love for you to pass this along to friends and family so they can [subscribe](#) too! Feel free to direct them to my [home page](#), join [page](#), follow on [instagram](#), or any individual [blog post](#). Your support means the world to me!

P.S.S. – Is this your first time receiving my newsletter? You can [view past issues here](#), and be sure to [subscribe](#) so you don't miss future ones!



Donna Spencer ~ PLANTifull Fare

Founder/Wellness Cooking Coach

PCRM Food for Life Instructor

Pod Lead PlantPure Communities PLANTifull Fare

PLANTifull Fare, LLC
Austin, TX United States



Ready to start?

My goal is to inspire YOU to embrace a plant-fueled lifestyle to live a healthier and more vibrant life. Tell me what classes are of interest, or download my free-oil and dairy-free salad dressing recipes and health goal recharger vs depleters worksheet.

Cooking Class Interest

Whole Food Plant-Based Salad Dressings

Health Goal Rechargers vs Depleters Worksheet



PLANTifull Fare, LLC

4002 Emory Peak Pass, Austin Texas

You're receiving this email because you signed up for a cooking class, subscribed, or made a purchase.

You may opt-out of receiving PLANTifull Fare recipes, upcoming class info, newsletters, and updates anytime.

[Unsubscribe](#)