

# Fall Fruits III: Persimmons



I really need you to know that if you aren't into persimmons yet, then you are really missing out! It's like those of us enjoying these delightful fruits are part of a secret club and that just isn't right. Get out there today, add a few to your shopping cart, and I promise that you won't be disappointed. BUT, before you grab just any persimmon take heed- There are two varieties that are widely marketed today and they vary dramatically in taste and texture. The one you want (trust me on this) is the Fuyu (pictured above). These are squat in shape, very firm, and meant to be eaten exactly like that. The other is an astringent type that must be ripened to a state similar to gelatin. While it can also be used in baking, BOTH recipes I share today are for Fuyu persimmons.

While it's a rare persimmon that is around long enough at my house to be cooked, here are two creations I am sure you will enjoy, another fall soup and, of course, a pie.

## **Persimmon Butternut Soup**

*Spicy and smooth with just a hint of sweetness, this makes a perfect meal as the evening temperatures drop.*

### **Ingredients**

2 cups butternut squash  
3 Fuyu persimmons, medium  
1 cup coconut milk

8 oz vegetable broth  
1 tbsp maple syrup  
1 tbsp nut butter, roasted  
Toasted nuts and chili sauce (optional)  
3 cloves  
1/8 tsp ginger or cinnamon (if you prefer more sweet than  
spice), ground  
1/2 tsp paprika, smoked  
1 dash pepper  
1/2 tsp sea salt  
Oils & vinegars  
1 tbsp olive oil or coconut oil

[Full Instructions Here](#)

### **Persimmon Pie**

*How about kicking off pie season with this gorgeous dairy free  
and grain free recipe?*



### **Pie Ingredients**

1½ cups “Fuyu” persimmon puree from about 5 persimmons  
½ cup coconut milk (full fat)  
¼ cup maple syrup (or honey)  
1 teaspoon vanilla extract  
1 teaspoon cinnamon  
1 teaspoon pumpkin pie spice  
1 teaspoon ginger juice

## **Paleo Pie Crust Ingredients**

1 1/2 cups almond flour

2 tablespoons coconut flour

1/4 cup coconut oil

3 tablespoons maple syrup

1 teaspoon vanilla extract

2 pinches sea salt

[Full Instructions Here](#)