

Pumpkin pie (sweetened only with dates)

Crust ingredients and directions:

- 1 cup almond or hazelnut flour.
- 1 to 1.5 TB coconut oil (start with 1 TB and add more if needed)
- 2 TB hazelnut or almond butter or other nut butter
(Depending on how coarse or fine the nut flour you use, you may have to adjust the amount of oil or nut butter. Finer ground “flour” needs less oils).

Work the mixture together well with your hands and form it into a ball. Using your fingers, press and work the ‘dough’ to cover the bottom and halfway up the sides of the pie pan (gaps will frustratingly appear -- just close them up as you work the dough).

Place the crust-filled pie pan into the freezer for at *least* 20 minutes while you prepare the filling. Preheat oven 180 C (350 F).

Filling ingredients and directions:

- ½ cup chopped dates
- 1 cup pumpkin cooked or canned (do *not* use pumpkin pie *filling*)
- 2/3 cup milk, rice or almond milk, or coconut milk
- ¼ tsp. sea salt
- 1.5 tsp. pumpkin pie spice
- 2 eggs
- 1 egg white (used to coat the pie crust after freezing it)

First, put the dates into a bowl, with a few tablespoons water and soften in the microwave for 30 seconds to one minute. Drain water from dates, then let cool in freezer before continuing . . .

Using a blender (or food processor) blend all filling ingredients, *except the 2 eggs and the egg white*. Add the dates when they are cool then blend again.

Whisk the two eggs separately in another bowl, add to the blender, and blend again briefly. You can also choose to put the blended filling into a bowl, and thoroughly fold the eggs into the batter by hand.

Remove the pie crust from the freezer. With a fork, whisk the egg white until foamy. Using a pastry brush, paint the surface of the pie crust lightly with some of the egg white foam (this, together with freezing the crust, will prevent a soggy pie crust).

Carefully distribute the pie filling evenly over the crust. Place the pie pan on the centre rack of the preheated oven. Bake for 40 min until the centre is firm and not jiggly.

Let cool for an hour, then refrigerate. This pie’s taste and consistency is best when served a day after baking.

Designed in December 2020 by Eve Lees, Health Writer & Speaker, Nutrition Coach www.artnews-healthnews.com