

Pumpkin pie (sweetened only with dates)

Crust ingredients and directions:

- 1 cup almond or hazelnut flour.
- 2 TB coconut oil
- 2 TB hazelnut or almond butter or other nut butter

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:

- 1 cup pumpkin cooked or canned (do *not* use pumpkin pie *filling*)
- 12 dates chopped (about ½ cup) softened in microwave with 2 Tbsp. water for 1 min.
- 2/3 cup coconut milk (or other dairy or non-dairy liquid)
- ¼ tsp. sea salt
- 1.5 tsp. pumpkin pie spice
- 2 eggs
- 1 egg white (used to coat the pie crust after freezing it)

Using a blender (or food processor) blend all filling ingredients, except the 2 eggs and the egg white. Pour the batter into a bowl.

Whisk the two eggs separately in another bowl, then thoroughly fold the eggs into the batter.

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 your preheated oven. Bake for about 40 minutes until the centre seems 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*