



PUMPKIN PIE

ALLERGIES:

No grains
No dairy
No gluten

Prep time: 15 mins

Cook time: 75 mins

Serves: 8

INGREDIENTS

- 500g butternut pumpkin, diced
- 600mls coconut milk
- 260g pecans
- 6 large dates
- 1 tsp vanilla extract
- 50g vegan butter, melted and cooled
- 35g coconut flour
- 4 eggs, 1 separated
- 2 tsp ground cinnamon
- 1 tsp ground nutmeg
- 1 tsp ground cloves
- 1 tsp ground ginger
- Zest 1/2 orange, finely grated
- 100 mls rice malt syrup (or maple syrup)
- 1 tbsp natvia
- 50g pepitas
- Coconut yoghurt and rice malt syrup to serve



METHOD

- Preheat oven to 180°C
- Grease a 23cm spring loaded cake tin.
- Cook pumpkin and coconut milk while stirring, over medium heat, until soft. Cool.
- In food processor blitz pecans and dates until finely chopped. Place into bowl.
- Add vanilla, butter, coconut flour, 1 egg white and a pinch of salt and mix well.
- Press mixture into base and sides of cake pan, prick base with fork and bake 15-17 mins.
- Blitz cooled pumpkin mix, spices, zest, natvia and 60mls rice malt syrup in processor.
- Add remaining eggs and yolk, blitz to combine and pour into baked base. Bake 45 mins until just set.
- Toss pumpkin seeds in last 40mls of rice malt syrup, spread on baking paper and bake 10 minutes until golden,. Cool, then break into pieces.
- Top pie with yoghurt, caramelised pumpkin seeds and extra rice malt syrup.