



Michigan Associates of
Acupuncture and
Integrative Medicine

Holiday Pumpkin Pie Recipe

Ingredients

For the Crust:

1 and 1/2 cups pecans or walnuts
1/2 cup unsweetened coconut flakes
1 cup dates *soaked to soften, if needed*
(I microwaved mine in a small amount of water
until soft)
1 tsp cinnamon

For the Pumpkin Filling:

15 oz pumpkin puree or homemade puree
2 eggs
1/4 cup full fat coconut milk
1/3 cup raw honey
2 tsp teaspoon vanilla extract
2 tsp cinnamon

Instructions

To Make the Crust:

Preheat the oven to 350 degrees. Combine all crust ingredients in a food processor and process until all ingredients are incorporated and you get a thick paste consistency.

In a 9 inch pie dish, press the mixture evenly over the bottom and about 1/2 inch up the sides. It should be sticky enough to stay but not so sticky that you can't press it down. No need to pre-bake.

Next, combine the pumpkin with the other filling ingredients, and use a hand mixer, immersion blender, or whisk to mix it into a smooth consistency.

Pour the filling into the crust and smooth out evenly. Bake in the preheated oven for 30-40 minutes or until the filling is set – it can jiggle a little but should not look soupy. Check half way through to make sure the crust is not burning and if it looks a bit too brown, you can cover the top with foil.

Once the filling is set, remove from oven and let cool to room temperature before storing, covered, in the refrigerator. Serve as is or topped with delicious coconut whipped cream!

Let people think they didn't just eat something paleo until they finish and loved every second of it. Cooking is more fun that way.

Enjoy!
