

Perfect Pumpkin Pie Filling

1 deep dish or 2 regular 9 inch pies



4 organic eggs

2 (15 ounce) cans unsweetened pumpkin puree OR 4 cups cooked pumpkin*

1 teaspoon stevia

1 Tablespoon coconut flour

1 Tablespoon cinnamon

½ teaspoon Nature's Sunshine® sea salt

1 teaspoon ground ginger

½ teaspoon ground cloves

¼ teaspoon ground nutmeg

½ cup coconut sugar OR raw honey

1 ½ teaspoons organic pure vanilla extract

1 (13.5 ounce) canned full fat coconut milk

Directions:

- 1) In a mixing bowl, beat the eggs until fluffy. Pour in the pumpkin puree and mix well.
- 2) Combine the stevia, flour, cinnamon, salt, ginger, cloves, nutmeg and coconut sugar (if using) in a small bowl and stir together. Add to the pumpkin and mix well.
- 3) Add the honey (if using), vanilla and the milk. Mix well.
- 4) Pour the pumpkin into the glass baking dish coated with non-stick grapeseed oil spray and bake in preheated 425 degree oven for 20 minutes then reduce the heat to 350 degrees for 40-45 minutes or until knife inserted near the center comes out clean.

*Not pie filling! If using fresh cooked pumpkin, increase coconut flour to 2 ½ Tablespoons.

Note: The canned full fat coconut milk in this recipe is thick. It is NOT from a carton.

Tip: This recipe is to save time and calories...make the pie and skip the crust!



Recipe from Cook 2 Flourish Cookbook ~ www.cook2flourish.com