

# Pumpkin Pie!

Pumpkin Pie, hmm! Here is a proven recipe for Crust and Filling!

## **PIE CRUST**

### *Ingredients:*

- 2 cups flour (spelt, wheat, oat, etc.)
- 1 pinch of salt
- ¼ - ½ cup sugar
- 1 egg
- 1 tblsp Kefir, yogurt, sour cream or milk

### *How to make it:*

Place all ingredients in a bowl, mix and knead to a ball. Roll out flat and press into a pie form, pinching the edge to make a border.

## **PUMPKIN PIE FILLING** (from “Nourishing Traditions,” by Sally Fallon)

Take 15 oz can pumpkin purée... or make your own! We have Pie Pumpkins in the Store!

For your own, cook pumpkin like squash and purée. Then add...

### *Ingredients:*

- 3 eggs
- ¾ cup Sucanat or brown sugar
- 1 tblsp freshly grated ginger
- 1 tsp cinnamon
- ¼ tsp sea salt
- ¼ tsp powdered cloves
- ¼ tsp nutmeg
- grated rind of 1 lemon
- 1 cup sour cream or whipping cream

### *How to make it:*

Cream eggs with Sucanat or brown sugar. Gradually blend in other ingredients. Pour filling in crust and bake at 175° C (350° F) for 35-45 minutes. Serves most deliciously with whipped cream!