

Pumpkin Pie with a Pistachio Almond Crust

Sugar and Grain Free

Crust

1.5 cups ground nuts (1/3 cup pistachios, 1/3 walnuts, 1/3 pecans, 1/2 almonds)
2 tbsp honey, unpasteurized
3 tbsp butter, melted

Pie

2 cups canned pumpkin
1 cup coconut milk
1 Tbsp gelatin
1 tsp vanilla extract
1/4 tsp ground cloves
1 1/2 tsp cinnamon
1/2 tsp nutmeg
1/2 tsp ginger
1/4 tsp cardamom
1/4 tsp cloves
2 eggs, mixed
3/4 cup honey
1/2 tsp salt

Directions

1. Preheat oven to 325F
2. For crust, grind any combination of nuts until you have around 1.5 cups and add honey and melted butter
3. Press crust mix into either a parchment lined pie plate or the bottom of a muffin wrapper
4. Bake for 10-15 minutes or until crust is lightly golden brown
5. Raise temperature to 350F
6. In a large bowl combine all pie ingredients
7. Using a whisk ensure that all spices and ingredients are well mixed and form a uniform orange colour
8. Pour mix into pie plate or individual serving muffin cups
9. Garnish pie with chopped pecans and bake for 50 minutes – 1 hour
10. Allow pie to cool for 30 minutes before covering it and putting it in the refrigerator to cool completely
11. The pie will set and hold its form when it has been cool completely
12. Enjoy!