

Pumpkin Pie

Ingredients:

- 1 (15 ounce) can pumpkin puree (organic)
- 1 1/4 cups canned coconut milk, mixed well before measuring
- 1 cup sugar
- 6 T. Non-GMO cornstarch
- 2 Tsp. pure vanilla extract
- 1/2 tsp. sea salt
- 1 Tsp. ground cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp. ground nutmeg
- 1/4 tsp. ground cloves
- 1 single piecrust store non-GMO bought or homemade.
- 1 Can of Non-Dairy Whipping Cream (available in Coconut or Almond)

Directions:

Preheat oven 350 degrees lightly oil a 9-inch pie pan if using homemade pie crust.

In a blender, combine pumpkin puree, coconut milk, sugar, cornstarch, vanilla, salt, cinnamon, ginger, nutmeg, and cloves. Process until smooth.

Fill your pie shell with the mixture until it almost reaches the top.

Bake for 60 minutes keeping in mind that the center will not be completely set when done. If your pie crust edges brown too quickly loosely wrap a piece of foil around the rim. Let the finished pie cool completely then chill in the refrigerator for 4 hours or overnight.

Serve with plentiful use of the non-dairy whipped cream.

Traditions ~ A Longevity Zone Project

By Whole Foods 4 Healthy Living ~ Winter Haven, Florida

407-680-3914