

NUTTY PUMPKIN PIE

MAKES A 9-INCH PIE



The holidays just got a little healthier!

- 1 ¾ cup pumpkin purée (plain, unsweetened)*
- ½ cup raw almond butter*
- 3 TBS non-dairy milk*
- 6 TBS agave nectar (may substitute brown rice syrup)*
- 2 TBS molasses*
- 2 TBS ground kudzu (may substitute egg replacer powder)* (see note)*
- 1 tsp vanilla extract*
- 1 tsp cinnamon*
- ¼ tsp unrefined sea salt or Himalayan salt*
- ¼ tsp each ground cardamom, allspice and nutmeg*
- ⅓ tsp ground cloves*
- 1 crust recipe, your choice*

Preheat oven to 350 F. Place all ingredients except crust in a blender and blend until smooth and creamy. Pour into partially baked crust and bake for 45 minutes to 1 hour, or until no longer jiggly. If it starts to burn on top, cover with foil or parchment paper and continue to bake until done.



I use a plunger style “adjust-a-cup” device that slides open and closed to measure and remove sticky items such as pumpkin puree, almond butter, agave nectar and molasses.



Kudzu root powder may sometimes need to be finely ground before using in a recipe. Do this with a mortar and pestle or in a clean coffee grinder.



Serve with a side of cashew cream spiced with cinnamon.



Store in a covered container in the refrigerator for up to 5 days.