



**Marjie C. Andrejciw, MT (ASCP), MS, NC**  
**Holistic Nutritional Counselor**  
(810) 869-8898  
[www.circleoflifenutrition.net](http://www.circleoflifenutrition.net)

## ***Gluten and Dairy Free Pumpkin Pie***

### ***Ingredients:***

Gluten Free 9 – inch One-Crust Pie Shell

3 large eggs

½ cup maple syrup, honey, or agave nectar

1 tsp ground cinnamon\*

½ tsp ground ginger\*

1/8 tsp ground cloves\*

½ tsp sea salt

1 ½ cups fresh cooked or canned pumpkin or winter squash

1 ½ cups hemp milk (other nut or rice milk can be substituted)

\*can substitute these spices with 1 ¾ tsp pumpkin pie spice

### **Directions:**

1. Heat oven to 425°. Prepare pastry.
2. Beat eggs slightly in medium bowl with wire whisk or hand beater. Beat in remaining ingredients.
3. Fresh pumpkin or winter squash blends better if mixed in food processor first.
4. Pour filling into pie plate. Bake for 15 minutes.
5. Reduce heat to 350° and bake an additional 45 minutes. Test for doneness by inserting a knife into the center and it comes out clean.
6. For proper storage, pies need to be kept refrigerated.

Adapted from: *Betty Crocker's New Cookbook*. New York: MacMillan, 1996.