

Pumpkin Pie

Dairy-free, Wheat-free, Sugar-free

This is a recipe I've been making for years when I have a sweet tooth, since there is some protein in it and not a whole lot of sweetener. As you may have guessed, I'm not the biggest baker in town, so forgive me for starting with a wheat-free crust I find in the frozen section of Wild Oats! Also, I never use a recipe-so these amounts are estimations-but even if you are off, it will still taste good! You might want to add more of some of the spices, but be careful with the nutmeg, as it can be easily overpowering.

Pre-heat the oven to 350 degrees. Poke the frozen pie shell's bottom with a fork several times and bake it, empty, for 20 minutes, or until very slightly browned.

Mix the following in a food processor:

1 container of EXTRA firm silken tofu (or any firm, regular tofu)

1/2 c. maple syrup

1 can of organic pumpkin (or half of one small pumpkin)

1 tsp. ground ginger

1/2 tsp. nutmeg

1 tsp. cardamom

1 tsp. cinnamon

Put the smooth, pudding-like mix in the pre-baked pie shell and bake for 45-min-1 hour, at 375-400 degrees until the pie is browned on the top. Voila! Enjoy!