

Coconut Maple Pumpkin Pie

HolisticQ Signature Recipe

Delicious Pumpkin Pie made from scratch with pure maple syrup and coconut sugar as the sweeteners. We made the switch away from refined sugars years ago, and not only has cooking deserts become more authentic, but also more sweetly adventurous. You will love the difference these 2 natural sweeteners add to pumpkin pie!

Ingredients:

1 Pie Crust

Pie Filling...

- 1 can pumpkin puree (15oz)
- 3 eggs
- 1/3 cup pure maple syrup
- 1/3 cup coconut sugar
- ¼ cup milk (dairy or almond)
- 1 teaspoon vanilla
- 2 teaspoons cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon ground ginger
- ½ teaspoon allspice
- ¼ teaspoon salt

Make the Pie!

Purchase or make 1 pie crust...

- Preheat oven to 350° F
- Place pie crust into pie plate and flute the top edge.
- In a large bowl, mix all ingredients together until filling is well combined and completely smooth.
- Pour filling into unbaked pie crust and bake for 50-60 minutes until filling is no longer jiggly.
- Allow pie to cool for 1 hour before serving.