Ruth Clark, RD, MPH

Pumpkin Pie (Dairy-Free)

Ingredients:

1 refrigerator pie dough—check to be sure dairy free—most are

3 eggs, slightly beaten

½ cup maple syrup

1 tablespoon flour, GF if preferred

1 teaspoon cinnamon

½ teaspoon salt

½ teaspoon nutmeg

¼ teaspoon ginger

1 teaspoon vanilla extract

1 15-ounce can organic pumpkin

1 cup full fat coconut milk

Directions:

- 1. Roll out pie dough to about 1 inch larger than a 9" pie plate. Transfer to the pie plate and turn the edges and pinch. Chill in fridge.
- 2. Combine eggs, maple syrup, flour, spices, and vanilla.
- 3. Blend in pumpkin. Gradually add coconut milk. Turn in to the 9" pie shell.
- 4. Bake at 450° F. for 10 minutes, then at 350° F. for 40 to 50 minutes, until a knife inserted about halfway between the center and outside of the filling comes out clean. Let cool.