

Pumpkin Pie (paleo, low-carb, gf, df)

Let's face it: pies take a lot of time. But they are worth it. Generally, I avoid store-bought pies, not because of gluten, but mostly because of high amounts of sugar and "natural" or artificial sweeteners that are added to the pies. I am infamous for binge-eating during the holidays and gaining at least 5 pounds that take several weeks of dedication in the gym and watching my diet. Lately, these "yo-yo" swings are harder and harder to mitigate and it takes me weeks before I lose the "holiday" turkey weight I gain. So, I think it is not that worth it anymore. It is easier to maintain 80/20 or 90/10 diet with being good 80-90 percent of the time and 10-20 percent cheat meals (1-2 cheat meals a week).



I find it much more manageable and less restricting to have a lifestyle like that. I have treated so many people who would go from one extreme to the other. Of course, if you have a food sensitivity it is better to avoid that food and substitute with a healthier option. But, even if you cheat, you make it a one-time cheat, not 30-times cheat:)

That's why I have been experimenting with making my own pumpkin pie. The most time-consuming part is making the crust.

Pie Crust

Ingredients

- 2 cups cassava flour
- 1/8 teaspoon sea salt
- 1 cup unsalted butter (1-2 hour out of the fridge)
- 1 tablespoon apple cider vinegar
- 5 to 6 tablespoons ice-cold water

Directions

1. Combine the cassava flour, butter, and salt in a mixing bowl. Use a food processor to mix cassava flour, salt, and unrefrigerated butter. Pulse the mixture until all the ingredients are well-mixed and look like crumbs.
2. Add water 1-2 tablespoons at a time and mix it into the dough.
3. Once the dough sticks together and actually looks like the dough you can stop adding water.
4. Press the formed dough into the pie form you are using

right away. If you have no time, wrap it tightly with a plastic wrap and store it in the fridge. You will have to let it get warm after refrigeration for 1-2 hours before you try pressing the dough into the pie form.

Pumpkin Pie



Ingredients:

- 1.5 cups pumpkin puree
- 3 eggs
- 1 can coconut cream
- 1 tablespoon monk fruit sweetener
- 2 tsp cinnamon
- 1 tsp pumpkin spice seasoning mix OR combine the following if you have no pumpkin spice on hand

1. 1/4 tsp ground cloves
2. 1/4 tsp ground cardamom
3. 1/4 tsp nutmeg
4. 1 tsp ground ginger

Directions:

1. Preheat oven to 325 degrees.
2. Add filling ingredients to the food processor and process until smooth. Pour the filling into the crust and bake for 50 minutes, or until filling is just set. Cover crust with pie crust shield or foil if it browns too quickly.
3. Cool completely and refrigerate 2 hours.



What is YOUR favorite pie during the fall holidays?

I am in search of a low-carb pecan pie right now! Have you tried to experiment with it?