



Serving Size: 1 slice

30 min 50 min about 1 1/2 hours, plus 2 hours to cool

Description:

There's plenty to be thankful for in this classic holiday dessert, now updated with lots of health-promoting ingredients, less sugar, and no saturated fat or cholesterol. A slice of this robustly flavorful pie is rich in antioxidants, omega 3s, and phytonutrients, making it a perfect ending to a meal full of gratitude for good health and happiness. Want to take the stress out of your holiday dessert preparations? Make this pie a day in advance and warm slightly just before serving. And if you feel like making a variation on the traditional pumpkin pie, try substituting 1 3/4 cups sweet potato puree in place of the pumpkin and reduce the maple syrup by half.

Ingredients:

FOR CRUST:

1 1/2 TABLESPOONS flax meal
(see Chef's Notes)

1/3 CUP PLUS 1 TABLESPOON water

1/4 TEASPOON ginger powder

8 OZ LOW-FAT GRAHAM CRACKERS (about 12 crackers)
(approved reversal brand, such as Nabisco)

FOR FILLING:

1 1/2 TABLESPOONS flax meal

1/4 CUP water

ONE 15-OZ CAN unsweetened pumpkin puree

1 CUP unsweetened soymilk, or oatmilk

3 1/2 TABLESPOONS maple syrup

2 TABLESPOONS cornstarch

1 TABLESPOON vanilla extract

1 1/4 TEASPOONS ground cinnamon

1/2 TEASPOON stevia powder

1/2 TEASPOON fine sea salt

1/2 TEASPOON ground ginger

1/8 TEASPOON ground nutmeg

1 PINCH ground cloves

Directions:

- 1 Preheat oven to 325°F. For the crust, stir together flax meal, ginger and water in a small bowl. For the filling, stir together flax meal and water in a separate bowl and set both "flax eggs" (a spiced "flax egg" and a plain "flax egg") aside until mixtures have thickened, about 10 minutes.
- 2 To make the crust, crumble graham crackers into the bowl of a food processor fitted with the metal blade. Pulse until crackers form fine crumbs. Add spiced "flax egg" mixture and pulse until mixture holds its form when pressed.
- 3 Using your fingers, press the mixture evenly over the bottom and sides of a nonstick, 9-inch pie pan. Keep in mind that the crust will shrink/contract slightly when cooked, so press crust just beyond the top of the pie plate, onto the edge if possible). Bake until crust is lightly browned, about 10 minutes. Remove from oven and set aside on a rack. Increase oven temperature to 350°F.
- 4 To make the filling, place pumpkin, soymilk, maple syrup, cornstarch, vanilla, cinnamon, stevia, salt, ginger, nutmeg, cloves, and remaining plain "flax egg" in a blender. Blend until smooth.

Nutrition Facts

Serving Size: 1 slice

Servings: 12

Amount Per Serving

Calories 155

Calories from Fat

18

% Daily Value*

Total Fat 2g

3%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 250mg

10%

Total Carbohydrate

11%

33g

Dietary Fiber 4g

16%

Sugars 16g

Protein 3g

6%

Excellent Source of: Vitamin A
Good Source of: Fiber, Calcium

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

- 5 Pour filling into prepared crust. (You may not need all the filling. It will depend upon the depth of your pie plate.) Bake for 35-45 minutes, until mixture appears "set" in the center and/or the internal, temperature is 170° F. Check after 30 minutes. If crust appears too brown in color at this stage, tent the pie with aluminum foil to prevent the crust from getting too dark. Remove pie from oven and cool on wire rack for at least 2 hours. Cut pie into 12 slices and serve at room temperature.

Chef's Notes:

” *Flax meal is made from ground flax seeds and can be found in many natural foods stores. It absorbs liquid readily and helps take the place of eggs as a binder in low-fat baked goods. If you can't find flax meal, grind whole flax seeds in a clean spice or coffee grinder or blender to make your own.*