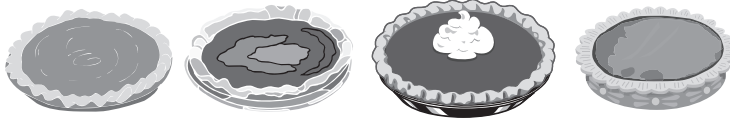


Getting Through the Holidays

Pumpkin Pie – 4 Ways



Concerned about calorie and carbohydrate laden holiday dinners while adhering to gluten-free, dairy-free, Feingold or a Specific Carbohydrate Diet? Here are Pumpkin Pies for all needs!

Pumpkin is a very healthy vegetable, high in beta carotene. Use either a pre-mixed “Pumpkin Pie Spice” or combine your own cinnamon, nutmeg, ginger, and cloves. Experiment with sweeteners, “milks”, and flours to find a combination that matches your family’s favorite recipe.

Pumpkin Pie #1 - (GF/CF, Sugar & Soy-free)

(Recipe adapted from can of Farmers Market Organic Pumpkin by Christi Reid, CNT, New Seasons Market, Portland, OR)

- 1 15 oz. can Farmer’s Market Organic Pumpkin
- ¾ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ teaspoon each ground ginger and cloves
- ½ teaspoon sea salt
- ½ teaspoon white stevia powder
- 1 14 oz. can coconut milk
- 2 eggs, slightly beaten
- 1 9 inch pie crust

Mix ingredients until combined. Pour into GF/CF pie shell made from mix. Try Gluten Free Pantry’s or Miss Roben’s reformulated flaky mix from www.allergygrocer.com. Bake at 425° for 15 minutes, then reduce temperature to 350° for about 40 minutes.

Why Stevia? According to Donna Gates of the *Body Ecology Diet*, (www.bodyecology.com), it is many times sweeter than sugar, without the calories. It appears to have a regulating effect on the pancreas and could stabilize blood sugar levels, thus making it a safe dietary supplement for people with diabetes, hypoglycemia, and candidiasis. You cannot buy food products made with stevia because the US government has declared it a supplement, not a food. Individuals who cannot tolerate sugar or other sweeteners usually can tolerate stevia without side effects.

Pumpkin Pie #2 - (SCD)

- 3 eggs, beaten
- 1 cup SCD yogurt or uncreamed dry curd cottage cheese, pureed
- ½ cup organic honey
- 2 cups prepared fresh pumpkin (canned not permitted)
(Remove seeds. Steam, boil or bake until tender. Remove skin and mash.)
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- ½ teaspoon ground cloves

Mix all ingredients thoroughly in a large bowl with beater, blender or food processor. Pour into Almond Honey crust. Bake at 375 degrees about 45 minutes or until a knife comes out clean.

Why honey and yogurt? On the SCD, the carbs are simple sugars that help heal, not irritate the gut. For how to make SCD yogurt, read *Breaking the Vicious Cycle* by Elaine Gottschall or go to www.pecanbread.com.

Almond Honey Crust (SCD)

- 1 cup almonds
- ¼ cup butter
- ½ cup honey
- 2 teaspoons pure vanilla

Chop nuts coarsely. Combine butter, honey and vanilla in blender and process 30 seconds. Blend in nuts. Spread into pie pan lined with parchment.

Pumpkin Pie #3 (GF/CF, egg-free)

(From Lisa Lewis’ *Special Diets for Special Kids Too*)

- 1 15 oz. can can pumpkin
- 12½ ounces firm tofu
- ½ cup sugar
- ¼ cup brown sugar
- 1 tablespoon molasses
- 2 eggs
- 1½ teaspoons ground cinnamon
- ¾ teaspoon ground ginger
- ¼ teaspoon each ground nutmeg and ground cloves

Pre-heat oven to 350 degrees. Combine all ingredients in blender or food processor and mix until smooth. Should be very thick. Pour into unbaked 9 inch pie crust. Bake 60-65 minutes in center of oven, until golden brown and center is firm.

Pumpkin Pie #4 (GF/CF, egg and soy free)

(From Sully’s “Living Without” Magazine Fall 2002)

- ½ cup very hot water
- 2 teaspoons flax meal
- 2 cups canned pumpkin puree
- 1½ cups milk of choice
- 2/3 cups maple syrup
- ¼ teaspoon salt
- 1 teaspoon cinnamon
- ½ teaspoon ginger
- 1/8 teaspoon each nutmeg and cloves

Soak flax meal in water for 10 minutes. Mix with remaining ingredients. Pour into pie shell. Bake at 350 degrees for 30-40 minutes.

Rice Crust

(From Sully’s “Living Without” Magazine Fall 2002)

- 1¼ cups brown rice flour mix (Mix 2 cups brown rice flour, 2/3 cup potato starch and 1/3 cup tapioca starch)
- ¼ cup sweet rice flour
- 2 tablespoons sugar
- 2 tablespoons ground almonds, walnuts or hazelnuts
- ½ teaspoon salt
- ½ cup oil
- 2 tablespoons milk of choice

Mix together dry ingredients. Whisk milk and oil together and pour into dry ingredients, mixing with a fork. Make dough. Press into 9 inch pie plate.

Healthy and Happy Holidays!