

Health-ier Recipe of the Week

Use Organic ingredients whenever possible.

Maple Pecan Pie

From www.closetcooking.com

Yes, this pie still has sugar, but it uses maple syrup in place of the traditional corn syrup. I prefer to use muscovado sugar, an unrefined brown sugar, which I buy from a food co-op. You can also purchase it on-line at www.amazon.com. Don't skip the step of roasting the pecans. It really brings out their full flavor.

- 1 1/2 cups pecans
- 1 cup muscovado sugar (or brown sugar)
- 2/3 cup maple syrup
- 1/4 cup unsalted butter
- 3 large eggs, lightly beaten
- 1/4 cup heavy cream
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1 pie crust, chilling in the fridge until used (Use your favorite pie crust, or you can buy a healthy frozen pie crust by Wholly Wholesome at Whole Foods.

Directions:

1. Bake the pecans in a preheated 350°F until nicely toasted, about 8-12 minutes.
2. Heat the sugar, syrup, and butter in a large saucepan until it boils, stirring constantly.
3. Remove from heat and let cool.
4. Beat in the eggs, cream, vanilla and salt.
5. Spread the pecans over the bottom of the pie crust.
6. Pour the liquid mixture into the pie crust.
7. Bake in a preheated 350°F oven until a toothpick inserted into the center comes out clean, about 40-50 minutes.