

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Impossible Pumpkin Pie Dessert

From www.cookingTF.com

Serves 8-12

2 cups pumpkin puree
1 (12-ounce) can coconut milk
2 Tbs coconut oil or butter, melted
2 eggs
½-¾ cup sucanat
½ cup flour of your choice
2 ½ tsp pumpkin pie spice
2 tsp vanilla extract
Dash salt

Preheat the oven to 350 degrees. Grease a pie plate and set aside.

Combine all ingredients in a blender. Blend until smooth then pour into the pie plate. Bake for 50-55 minutes or until a knife inserted in the center comes out clean. You can serve this with sweetened whipped cream.

Sweetened whipped cream

1 cup organic heavy (or whipping) cream
1 Tbs sucanat or sugar (or more to taste)
½ tsp vanilla

Make sure the cream is very cold – whip it straight from the refrigerator. Also, chill beaters and bowl until cold. Add whipping cream to the bowl and beat with a whisk, eggbeater or electric mixer. Be careful not to overwhip! Stop as soon as the cream barely holds a soft peak. Add the sugar and vanilla when it is about halfway done.