

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Paleo Pumpkin Pie

From: "Everyday Paleo Family Cookbook" by Sarah Fragoso

Crust

½ cup hazelnuts

1 cup pecans

4 Tbsp melted ghee (You can find this at Whole Foods, and possibly at Nutrition Stop in St. Peters. If you can't find any near you, and you don't mind a little bit of dairy, you can use melted butter.)

Pinch sea salt

Filling

1 (14-ounce) can unsweetened pure pumpkin puree

2 tsp cinnamon

¼ tsp cloves

¼ tsp grated fresh ginger (If you don't have fresh, you can use dried)

2 eggs

½ cup raw honey

½ cup full fat coconut milk (in the can)

1. Preheat your oven to 350° F.
2. Place the hazelnuts and pecans in a food processor and process until the nuts are finely ground; make sure you stop before the nuts start to turn into butter!
3. Pour the ground nuts into a small mixing bowl, add the melted ghee, salt, and mix into a thick dough.
4. Using your hands, spread the dough evenly into a pie pan and bake for 10-15 minutes or until the crust starts to brown.
5. While the crust is in the oven, mix all of the pie filling ingredients with a hand-held mixer.
6. Once the crust is out of the oven, pour the filling into the crust, return the pie to the oven, and bake for an additional 45-60 minutes (until a knife inserted in the center comes out clean).