



Pumpkin Custard in Almond flour

Ingredients:

- 1 can of pumpkin puree (15 oz), (or fresh puree), preferably organic
- 1 can organic evaporated milk
- Stevia to taste
- ½ teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon ginger
- ¼ teaspoon ground cloves
- 2 large eggs (beaten)

Combine pumpkin puree, vanilla, and spices in a bowl and mix well. Add evaporated milk and eggs. Add Stevia to taste. Pour into pie dish and bake at 400 for 45-50 minutes or until when inserting a clean knife in middle of pie, it comes out clean.

Shell (crust)

- 1 cup of Almond flour (or ½ cup Almond flour ad ½ cup coconut flour)
- Stevia to taste
- ½ cube of unsalted butter melted

In a 9-inch pie dish work the Almond flour, the melted butter and the Stevia to create a crust. Once they are mixed, spread the crust on the dish and work it onto the sides with your fingers. Place crust in oven at 375 for about 15 minutes or until golden brown. Once done, you are ready to pour the pie mixture in.

Garnish

- 1 small container of Heavy Whipping Cream
- Sucanat to taste (Sucanat is cane sugar that has not been refined. This sugar is dark because the molasses in it have not been removed).

Whip the cream with Sucanat and garnish the pie slices.