



Lemon Pie

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic
By: Cuisine l'Angélique

PORTIONS: 8
PREPARATION: 20 MINUTES
COOKING: 15 MINUTES

INGREDIENTS

- 1 9-inch (23 cm) baked crust
- 145 g (2/3 cup) cane sugar
- 35 g (1/4 cup) organic cornstarch*
- 375 g (1 1/2 cups) plant-based milk substitute
- 3 large eggs, separated
- 55 g (1/4 cup) freshly squeezed lemon juice
- 10 ml (2 tsp) organic lemon zest
- 45 ml (3 tbsp) cane sugar

PREPARATION

1. In a medium saucepan, combine sugar and cornstarch. Then whisk in the plant-based milk substitute to break up the mixture.
2. Bring to a boil over medium heat, stirring continuously with a whisk. Continue cooking until mixture thickens. Remove from heat.
3. In a small bowl, whisk the egg yolks. Slowly pour 250 ml (1 cup) of the hot mixture to the egg yolks, whisking.
4. Return the mixture to the pan and cook again over medium heat, stirring constantly, for about 2 minutes.
5. Remove from heat and stir in lemon juice and zest.
6. Pour the mixture into the cooked crust.

Meringue :

1. Beat egg whites with sugar until soft peaks form.
2. Place the meringue on top of the warm filling and form peaks for decoration.
3. Bake at 300° F (150° C) on the centre rack of the oven until the meringue is golden brown. Allow to cool at room temperature.
4. Refrigerate.



A creamy and refreshing lemon pie!

TIP

* Favor the use of organic cornstarch.

VARIATION

Agar-agar alternative: replace sugar and cornstarch with 160 g (1/2 cup) maple syrup and 5 ml (1 tsp agar-agar powder). The mixture will thicken only as it cools. Wait for it to set before covering with meringue. .

The texture will be less creamy, but we also opt for this alternative at our house!

NUTRITION FACTS

Per portion 260 Calories

Fat: 9 g	14 %
Saturated 1,5 g	
Trans 0 g	8 %
Polyunsaturated: 2 g	
Omega-6: 0,9 g	
Omega-3: 0,5 g	
Monounsaturated: 5 g	
Cholesterol: 65 mg	
Sodium: 60 mg	3 %
Carbohydrate: 40 g	13 %
Fibres: 1 g	4 %
Sugars: 22 g	
Protéines: 5 g	
Vitamin A	6 %
Vitamin C	8 %
Calcium	8 %
Iron	8 %
Magnesium	10 %

Manganese	25 %
Sélénium	15 %

