



# Pumpkin Pie

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

PORTIONS: **10**  
PREPARATION: **15 MINUTES**  
COOKING: **60 MINUTES**

## INGREDIENTS

- 1 9-inch (23 cm) [uncooked pie crust](#)
- 500 g (2 cups) [pumpkin puree](#)
- 160 g (1/2 cup) maple syrup
- 3 medium eggs (135 g)
- 185 g (3/4 cup) regular, canned coconut milk
- 2.5 ml (1/2 tsp) ground cinnamon
- 2.5 ml (1/2 tsp) ground nutmeg
- 60 ml (4 tbsp) all-purpose flour "[La Merveilleuse](#)"

## PREPARATION

1. Preheat the oven to 180 °C (350 °F).
2. Line the bottom of the pie plate with a crust (deep glass plate).
3. Decorate the crust as desired.
4. In a large bowl, combine pumpkin puree, maple syrup, eggs, coconut milk and spices. Beat with an electric mixer until frothy.
5. Then add the flour by tablespoon, sprinkle over the mixture and beat vigorously between each addition to prevent the mixture from making lumps.
6. Place in the bottom of the plate and cook on the bottom rack for about 60 minutes or until the filling has set and the crust is golden brown underneath.
7. Allow to cool before savoring. Keep this pie in the refrigerator.



*A creamy pie that melts in the mouth!*

## TIP

Homemade pumpkin puree is much tastier than store-bought. In the fall, take advantage of this beautiful and colourful season to stock up on it!

Also, you can collect the seeds to bake in the oven, an excellent nutritious snack.

## NUTRITION FACTS

Per portion 230 Calories

|                        |      |
|------------------------|------|
| Fat: 12 g              | 18 % |
| Saturated 5 g          |      |
| Trans 0 g              | 26 % |
| Polyunsaturated: 1 g   |      |
| Omega-6: 0,8 g         |      |
| Omega-3: 0,4 g         |      |
| Monounsaturated: 4,5 g |      |
| Cholesterol: 55 mg     |      |
| Sodium: 80 mg          | 3 %  |
| Carbohydrate: 30 g     | 10 % |
| Fibres: 3 g            | 12 % |
| Sugars: 12 g           |      |
| Protéines: 4 g         |      |
| Vitamin A              | 80 % |
| Vitamin C              | 4 %  |
| Calcium                | 6 %  |
| Iron                   | 15 % |
| Magnesium              | 15 % |
| Manganese              | 55 % |
| Riboflavine            | 20 % |