PUMPKIN PIE

INGREDIENTS

1 tsp coconut oil (for pan)

3 large eggs

1 1/2 tsp stevia

1 15 oz. can pumpkin puree

1 tbsp vanilla

1 can coconut milk

2 tbsp coconut flour

1 tbsp pumpkin pie spice

PROCEDURE

Preheat oven to 350 degrees. Grease 9 inch pie plate with coconut oil.

Whisk the eggs. Add pumpkin, stevia, pumpkin pie spice and vanilla, and whisk until combined.

Shake the coconut milk well. Open and stir thoroughly.

Measure 1 cup and add it to the pumpkin mixture, whisk to combine. Then whisk in coconut flour.

Transfer to the pie pan. Bake until center appears set - with the slightest jiggle - approximately 45 minutes.

Cool the pie 2 hours then cover with plastic wrap and refrigerator another 2 hours before serving.

When ready to serve, gently run the knife along the edges to release from the pan. Use a sharp knife to slice cake and secure underneath before lifting because the pie is fragile.