

## World's Best Pumpkin Pie

*Recipe from The Mystic Cookbook and Reprinted with Permission from Hay House*

There are those who love pumpkin pie no matter what, and then there are those who only eat it for the whipped cream. I'm one of the ones who love it no matter what, homemade, commercially made, from a can, or from a roasted pumpkin.

When I first eliminated gluten and dairy from my diet, I missed having pumpkin pie at the holidays. So, I decided to recreate it using ingredients that I could eat. After a number of test batches, I finally came up with this recipe. It turned out so well that this particular pie has converted a number of the "I only eat pumpkin pie for the whipped cream" people.

It's not just good for a pie without gluten or dairy, it's just plain good. Coconut and pumpkin is a natural pairing, and then throw in the fresh ginger ... oh my! The filling is flavorful and creamy, and the crust is flaky. Once you start making gluten free piecrusts, you may never go back to wheat ones. Without gluten, you don't have to worry about over-working the dough, and the crust remains crisp and flaky even after a few days in the fridge.

### **Crust:**

¾ cup brown rice flour  
¼ cup potato starch (not flour)  
3 Tbsp. tapioca flour  
1 Tbsp. sugar  
¼ tsp. salt  
1/3 cup coconut oil (in its solid state)  
1 lg. egg  
3 tsp. water

### **Filling:**

2 cups canned pumpkin  
¼ cup sugar  
¼ cup brown sugar, lightly packed  
½ tsp. salt  
1 tsp. cinnamon  
½ tsp. fresh grated nutmeg  
¼ tsp. cloves  
1 tsp. freshly grated ginger  
3 lg. eggs, slightly beaten  
1½ cups canned coconut milk, (do not use light)

Preheat oven to 425°F.

In the bowl of a standing mixer (you can also do this by hand), combine the brown rice flour, potato starch, tapioca flour, sugar, and salt. (When measuring gluten free flours, to

get the most accurate measurements, it's best to scoop the flour from the bag with a spoon rather than dipping in the measuring cup.) Mix to combine. Add the coconut oil. If it's a hot day and the coconut oil is liquid, put it in the refrigerator until it solidifies. It won't work very well in the recipe if it's not solid. Add the egg and water. Mix on medium-low until fully combined and the dough starts to come together. Turn off the mixer and gather the dough with your hands into a ball. It's not necessary to chill the dough. It's actually kind of hard to work with when it's cold.

With your palms, press the dough into a flat disc. Place the dough between two pieces of wax paper and with a rolling pin, roll into approximately a 12 in. disc. Remove the top piece of wax paper. Put the pie plate, open side down, on top of the dough and carefully invert the dough into the pie plate. Remove the wax paper. Use your fingers to repair any rips. Crimp the dough on the rim of the pie plate with your fingers. Set aside.

In a large bowl, combine the pumpkin with the sugar, brown sugar, salt, cinnamon, nutmeg, cloves, and ginger. Stir until fully combined. Add the eggs and coconut milk and stir until fully mixed.

Pour the custard mixture into the pie shell and bake on the middle rack of the oven at 425°F for 15 minutes. Reduce the temperature to 325°F and bake for an additional hour. When the crust is golden brown and the filling is fully set, remove the pie from the oven and cool before slicing.