

Pumpkin Pie

by Esther Hopper

Crust

2 c raw pecans (unsoaked or soaked and then dehydrated until dry again)

2 t cinnamon

2-3 T honey

Filling

½ medium pumpkin (5-6 cups) peeled and cut into chunks

3 ripe speckle pears, or 1 ripe pear of choice, seeded and cut into chunks

2 c pine nuts soaked overnight and drained, or unsoaked macadamia nuts

4 pitted dates soaked in ¾ cups water overnight

½ vanilla bean, minced

2-3 t pumpkin pie spice

2-3 T honey

1 T powdered psyllium

½ t Nama Shoyu* or ¼ tsp sea salt

½ a lemon's juice, or the juice from one whole key lime



Cover bottom of 9 inch spring form pan with plastic wrap. Grind pecans finely in the food processor. Add cinnamon and process until mixed. Dump into spring form pan and level onto the bottom. Drizzle honey over the nut mixture evenly.

In vita mix [or high powered blender], add all ingredients including date soaking water for filling and blend well. Adjust the honey and spices to taste. Pour into pan on the nut crust. Chill for a couple of hours until it sets. If the recipe makes too much for your pan, pour the excess into a bowl and eat it as a pudding.