



# Pumpkin Pie

*by Muriel Beltz*

[www.bhhec.org](http://www.bhhec.org)

[Health@BHHEC.org](mailto:Health@BHHEC.org)

605-255-4101 • (800) 658 5433 • P.O. Box 19, Hermosa, South Dakota, 57744

## **Pie Crust:**

4 cups whole wheat pastry flour, or half flour and half ground rolled oats.

1¼ cup water

¾ cup oil

1½ tsp salt

1. Mix lightly and divide into 3 pieces.
2. Roll out between wax paper or saran wrap.
3. Line 3 oiled pie dishes.

## **Pie Filling:**

1. Simmer 1¾ cups dates with 1 cup water (may use honey or agave)

2. In a large bowl stir the following ingredients into the date mixture:

3 cups soy or cashew milk

10 cups cooked pumpkin (winter squash may be used instead.)

½ cup whole wheat flour

½ cup cornstarch

1½ tsp. salt

3 Tbsp. vanilla

1½ Tbsp. coriander

1/8 tsp. cardamon (may leave out)

2 Tbsp. finely ground orange rind

7-8 drops lemon extract

3. Pour into the pie crusts.
4. Bake for 1 hour at 350F degrees.