

Nicely Spicy Pumpkin Pie

Gluten free, dairy free, low glycaemic load

I remember tasting pumpkin pie as a child, and thinking this was food made in heaven! That smooth comforting texture, and warm orangey spicy colour – this is a treat designed for autumn, isn't it?

So when I received a lovely organic pumpkin with my grocery delivery this week, I decided to recreate this childhood memory, with my own twist, replacing a lot of the traditional ingredients with more nutritious versions, and I love my spices so I've really jazzed this pie up with a blend of 4 different ones.

The result is very nourishing, packed with good fats from the coconut oil and the macadamia nuts, great for brain function, and also full of protein (often lacking in sweet foods!) to help keep your blood sugars balanced and prevent cravings. Generous amounts of cinnamon help make your cells more sensitive to insulin, so you get more energy out of your food, and stay satisfied for longer. Oh and I was going to forget the main ingredient: pumpkin is loaded with vitamin A (as most orange and yellow plants), fabulous for healthy skin and eyesight. So you can see trick or treaters in the dark, ha!



Ingredients

200g macadamia nuts
800g pumpkin, diced
4 eggs, beaten
50g coconut palm sugar (You can also use xylitol, or muscovado sugar)
50g coconut oil (or melted butter)
2 tsp cardamom powder
1 tsp ground nutmeg
3 tsp cinnamon
1 tsp allspice
A pinch of pink Himalayan (or sea) salt

Preparation

1. Steam the pumpkin until it is just soft (but not overly cooked)
2. Meanwhile turn on the oven to 180°
3. Line a baking pan with some baking paper (the baking pan shouldn't be too shallow (a round springform pan works well because you can remove the sides without damaging the pie)
4. Grind the macadamia nuts lightly in a food processor (not too fine though) and then grind for a short burst with half of the coconut oil and the pinch of salt.
5. Once this mixture is sticky, pour it onto your lined baking pan and press it down so that it's evenly spread out, and as compact as possible
6. Drain the pumpkin pieces and once they have cooled down, throw them into your food processor.
7. Add the sugar, spices (except for 1 tsp of the cinnamon), 25g of coconut oil, and the eggs.
8. Process this mixture until it's perfectly smooth.
9. Empty this onto your macadamia base and stick it in the oven for 30 minutes.

Once it's cooled down (and it will become firmer and easier to cut), sprinkle with the remaining cinnamon and serve.