

Alkaline Diet Recipe: Raw Pumpkin Pie

In honor of Thanksgiving, and how grateful I am that you are a loyal follower of AlkaMind, I am giving you one of my most prized recipes, my RAW PUMPKIN PIE.

I wanted to share it with you as a thank your hard work and dedication by putting you and your health FIRST this week.

RAW PUMPKIN PIE
[Serves 4-8]***



INGREDIENTS: PIE CRUST

1 cup of raw almonds
1 cup unsweetened coconut flakes
1 cup of dates/Turkish apricots
1 tsp. cinnamon

INGREDIENTS: PIE FILLING

1 cup pecans (ideally soaked overnight)
1 1/4 cup of organic pumpkin puree (12 oz.)
6 dates
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/4 tsp. sea salt (Celtic Grey Sea Salt, Himalayan, or Redmond Real Salt)
1 tsp. of vanilla (or 4 drops vanilla Medicine Flower Vanilla)
Optional: 1 tsp. of gluten-free Tamari

For Pumpkin Pie Crust:

Blend pie crust ingredients in a food processor until you can see the oils coming out of the mixture and it is sticking together (food process for over a minute or so). Then place mixture in a 9" tart mold or pie pan, and mold against the sides first, then floor of the mold so that it REALLY sticks.



For the Pie Filling:

In a blender, blend the ingredients. Then add mixture to fill in the pie crust. Sprinkle cinnamon on top, and place in refrigerator to cool and mold.



Optional: You can use 12 oz. of real pumpkin if you choose (that's what I did, but puree is MUCH easier and faster).

