



## ADVANCE BIOMEDICAL TREATMENT CENTER

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### Comfy Belly Pumpkin Pie (Gluten-free, Dairy-free, Paleo and SCD compliant)

#### Ingredients:

##### CRUST-

- 2 cups blanched almond flour
- ¼ teaspoon salt
- ¼ tsp baking soda
- ½ tsp cinnamon
- ¼ cup coconut oil or Earth Balance Margarine or ghee
- 1 tsp vanilla
- 2 tbsp honey

##### PIE FILLING –

- 1 ¾ cup (15 oz) of roasted organic butternut squash or organic canned pumpkin
- ¼ cup dairy free milk (coconut, almond, or substitute with more squash)
- 3 eggs
- ½ cup of honey
- 1 tbsp vanilla
- ½ tsp salt
- 1 tsp cinnamon
- ½ tsp ground nutmeg
- ¼ tsp ground ginger, cloves, allspice, and cardamom (optional for a spicy pie)

#### Directions:

1. Preheat your oven to 350 degrees F or 190 degrees C.
2. Add the dry crust ingredients to a food processor and pulse it briefly to blend well.
3. Add the remaining ingredients and process briefly so that you have small grains of dough that stick together when you press them with your fingers.
4. Press the crust into your pie dish or tart pan using your fingers. Use pie weights or insert a toothpick in several places around the crust to prevent bubbling while it browns.
5. Bake the pie crust for 5 minutes or until it is slightly browned.
6. Cool the crust for 10 minutes and then place in the freezer for about 15 minutes.
7. In a separate bowl, combine all the pie filling ingredients and whisk to blend well.
8. Pour the filling into prepared crust, just to the edge of the crust to prevent the crust from getting too brown. You can also cover the crust edges with foil to prevent it from baking too fast.
9. Bake the pie for another 35 minutes or until outer edges of the pie filling are firm.
10. Cool for at least 30 minutes before slicing.