

Yam Pie

So good they'll never know it's NOT pumpkin pie



It's the spices that give pumpkin pie the taste we have come to love, so try replacing the not-so-healthy pumpkin with garnet or jewel yams that boost Pineal function, supply a host of A vitamins, and deliver digestive promoting enzymes instead.

Cooking Tip: Try Trader Joe's *Pumpkin Pie Spice* if you don't have all the spices in the recipe, and replace with 1 Tbsp. Pumpkin Pie Spice

Ingredients: 9 inch - One Crust

2 medium duck eggs
2 cups precooked and mashed garnet or jewel yams
1 cup unrefined corn fructose
¾ tsp Real Salt
1 tsp. ground cinnamon
½ tsp ground ginger
½ tsp ground cloves
1 ½ cups heavy whipping cream
OR: For lighter pie, substitute cream for 1 ½ cups goat's milk

1. Pre-Heat oven to 425 degrees.
2. Prepare pastry crust (below).
3. Beat eggs lightly with rotary beater; beat in all remaining ingredients and whip until light and fluffy. Pour mixture into pastry crust lined pan.
4. To prevent oven spills, place pie pan on a middle oven rack and place an aluminum foil sheet on rack below to catch spills. Bake for 15 minutes.
5. Reduce oven temperature to 350 degrees. Bake 45 minutes longer or until knife inserted in center comes out clean.
6. Cool on a rack or marble slab.
7. Top, if desired, with whipped heavy cream, sweetened with grade B Maple syrup or raw honey.

9 inch Pie Pastry One Crust

1 cup plus 2 tablespoons whole wheat pastry flour
½ teaspoon Real Salt
1/3 cup unsalted organic butter, softened
2-3 tablespoons water

1. Measure flour and salt into bowl.

2. Add butter, and then cut mixture together with a pastry cutter until particles are the size of small peas. Sprinkle in water, 1 tablespoon at a time, mixing with hands until flour is moistened and dough almost cleans the side of bowl.
3. Gather dough together and form into firm ball. Shape into flattened round. Place round between two pieces of waxed paper and lay on flat surface. With rolling pin roll pastry 2 inches larger than the bottom of inverted pie pan.
4. Peel pastry off one side of paper and place dough side into pie pan. Carefully peel off top paper and ease into pie pan, fitting pastry well into the comers and curves.
5. Trim excess and crimp with thumb and forefinger along the top edge of pan. (To prevent crust edge from burning during baking, cover with strips of parchment lined aluminum foil.)

Alternate Pie Crust

1 cup powdered organic, whole wheat graham crackers

½ cup organic, unsalted, room temperature butter

Mix both ingredients together in bowl until smooth but slightly lumpy. Press into pie pan until well covered with ¼ inch layer. Pour pie filling directly into lined pan and bake.