



# I Can Eat These! Dessert Collection

Limited Ingredients, Unlimited Flavor

ColorJoy by LynnH — Lynn D.T. Hershberger

<http://ColorJoy.com> • [Lynn@ColorJoy.com](mailto:Lynn@ColorJoy.com) • Twitter: @ColorJoy

## LynnH's No-Nothin' Pumpkin Pie

*I was born the day after Thanksgiving. This is my "Birthday Pie" every year. Cake, I can live without. Pumpkin pie, never. Therefore, the first baking challenge I gave myself within my food limitations, was pumpkin pie.*

*I made some awful pies on the way to this one. After 6 months of diligent baking, I had a pie I was happy to share. At a potluck with many pumpkin pies, my pie-afficionado husband declared that he liked this one as well or better than the others. I consider that a blue ribbon.*

*Makes two 9" pies*

### Main Ingredients:

2 Unbaked Pie Crusts in 9" pans (see Victory Crust recipe)

1-3/4 cup **Soy milk** (Unsweetened—I use Westsoy Organic.) *If you tolerate dairy milk, goat milk, Oat Milk or Almond milk, they should substitute well. I have not tried them.*

1/2 cup Golden Flaxseed Meal

3-1/2 cup (2 sm 15oz cans or 1 lg 30oz can) Solid Pack Pumpkin (not pie mix)

2 cup Brown Sugar

1/2 tsp Salt (optional)

**Spices, as desired** (leave out some or change amounts):

1-1/2 tsp Cinnamon

1/2 tsp Nutmeg

1/2 tsp Allspice

1/2 tsp Ginger Powder

1/8 tsp Cloves

- Preheat oven to 375F / 190C.
- If you are making your own crusts, make them now (see my recipe above if you have no recipe of your own). If you purchased frozen crusts, pull them out and separate them while frozen.
- Measure soy milk into small bowl or large measuring cup. Slowly mix in flaxseed meal (I use a wire whisk).
- In large bowl, place all other ingredients. Add milk/flax mixture (above) and blend thoroughly with whisk.
- Fill unbaked pie crusts with filling. Cover edges with foil for the first 45 minutes in the oven.
- Bake. Depending on the moisture content of your ingredients, it will take no less than 50 minutes and easily an hour or more. When the very center of the pie filling is boiling energetically, it is done. Do not be too eager, it's tastier if you let the center truly cook through. It caramelizes... yum!
- **Let the pie cool.** Refrigerating overnight will help it cut perfectly.

**Note:** My pie pans are glass/pyrex. Your baking times may be different if your pans are metal or ceramic.

**Celiac-friendly**  
**Vegan-friendly**  
**Gluten-free**  
**No Corn**  
**No Dairy**  
**No Egg**  
**No Potato**  
**Contains Soy**  
**No Tree Nuts**  
**No Wheat**  
**No Yeast**

