

# Pie Crust

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## Ingredients:

- 1 cup almond flour
- 1/2 cup ground pecans
- 1/4 cup coconut oil or butter (melted)
- 2 tbsp honey
- 1 tsp vanilla
- pinch of sea salt

## Preparation:

1. Preheat oven to 350 degrees.
2. Mix almond flour, pecans and salt in a bowl.
3. Mix oil or butter, honey and vanilla in another bowl.
4. Add wet ingredients to dry ingredients. Stir thoroughly.
5. Press the batter into a pie dish.
6. Bake until the crust is golden brown, approximately 12-15 minutes. Remove and let cool.

**Pumpkin:** 1 can pumpkin (not the sugary pie filling stuff), 2 eggs, 1 tsp each cinnamon, nutmeg and allspice, 1/3 cup honey or maple syrup, 1/4 cup coconut milk

1. Whisk eggs, honey and coconut milk.
2. Stir in pumpkin and spices until a smooth consistency is achieved.
3. Fill pie crust. Bake at 350 degrees for 45-60 minutes.

## Sweet Potato:

3 sweet potatoes (peeled, boiled, mashed), 2 eggs, 1 tbsp butter (melted), 1 tsp each cinnamon, nutmeg, baking soda, baking powder and apple cider vinegar., 1/4 cup honey, 2/3 cup coconut milk

1. In one bowl, beat eggs. Add in sweet potato and butter. Continue stirring until fully combined.
2. Add in other ingredients. Stir until fully combined.
3. Fill pie crust. Bake at 400 degrees for 10 minutes, then reduce heat to 325 and continue baking until the filling is set, approximately 30 minutes.