

Squash Pudding Pie

Prep: 30 minutes ~ **Cooking:** 1 hour ~ **Yield:** 1 10-inch pie; 8 slices

Ingredients & Directions

- 3 cups baked or simmered and mashed hard, sweet squash, scooped from skin:
 - butternut, buttercup, sweet dumpling, delicata, kabocha, sweet mama or Hokaido
- 3/4 cup thoroughly blended, preservative-free unsweetened, coconut milk
- 1/4 cup honey, agavé nectar **or** maple syrup
- 3 whole eggs **or** 6 egg whites **or** 1/4 cup dried, powdered egg whites blended with 3/4 cup water
- 1 1/2 tablespoons arrowroot starch/powder
- 2 teaspoons apple pie spice **or** pumpkin pie spice
- 1 1/2 teaspoons pure vanilla extract **or** maple extract, preferably non-alcoholic
- 1/3 teaspoon finely ground, unrefined sea salt, optional
- 1 tablespoon additional honey, agavé nectar **or** maple syrup **or** 1/4 teaspoon white stevia extract powder, optional

1. Preheat oven to 350° F. In food processor, Vita-Mix, or hand food mill, combine all ingredients except stevia and mix until smooth. Mixture should be thick. If too stiff to blend, add 1/4 cup water. Taste. Add 1 more tablespoon honey and/or 1/4 teaspoon stevia if a sweeter taste is desired. Pie will become sweeter and more concentrated as it bakes.
2. Pour into oiled 10-inch deep-dish pie plate. Smooth with spatula. Bake in center of oven until firm, slightly golden, and dry around edges, about 60 minutes. Allow to cool, cover with foil, and refrigerate. (Pie will firm up in refrigerator.)
3. Cut into 8 slices and serve. Use within 4 days or freeze.

Variations

- * In step 1, replace arrowroot with 4 teaspoons unflavored gelatin.
- * Omit pie spice. Combine and add 1 teaspoon cinnamon, 3/4 teaspoon dried ginger, 1/4 teaspoon nutmeg, and 1/8 teaspoon ground cloves or allspice. Or, replace pie spice with 1 1/2 tablespoons finely grated fresh gingerroot plus 1/2 teaspoon dried ginger powder.

Nutrition

1 serving (whole eggs):

154 calories
3 g protein
21 g carbohydrate
(3 g fiber)
6 g fat
23 mg calcium
30 mg sodium

1 serving (whites only)

139 calories
4 g protein
20 g carbohydrate
(3 g fiber)
5 g fat
15 mg calcium
48 mg sodium

Not just for Thanksgiving, this antioxidant-packed pudding is delicious throughout the fall and winter. It's low in sugar and fat, and dairy-, gluten-, and grain-free. Select a sweet variety of squash and cook it thoroughly. Canned pumpkin is usually watered down and tastes like the can. If you don't have fresh squash, substitute frozen. If pumpkin is more popular in your house, call it "Pumpkin Pudding Pie."