



LIVE AND LEARN
FAMILY NEWS NOVEMBER 13, 2017

Reminders!

Live and Learn will be
CLOSED Wednesday,
Thursday and Friday *of*
Thanksgiving Week.



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Gerry's Kitchen

Clean Eating Pecan Pie

If you like Maple Syrup, then you will like this clean eating version of Pecan Pie!

Ingredients:

- ♥ 2 Cups Almond Flour
- ♥ 1/4 tsp. Sea Salt
- ♥ 2 TBSP. Unrefined Coconut Oil
- ♥ 1 Egg
- ♥ 1 Cup plus 1 TBSP. Pure Maple Syrup
- ♥ 1/2 Cup Unrefined Coconut Sugar
- ♥ 2 TBSP. Butter
- ♥ 3 Eggs, lightly beaten
- ♥ 1 tsp. Vanilla Extract
- ♥ 1/4 tsp. Sea Salt
- ♥ 1 1/4 Cup Pecan Halves

Directions:

1. Preheat the oven to 400 degrees and adjust rack to lower-middle position.
2. Put flour and 1/4 tsp. salt in a food processor. Add coconut oil and an egg and pulse until mixture forms a ball. Press dough into 9-inch pie dish. Chill in refrigerator while making the filling.
3. Heat maple syrup in a medium saucepan over medium heat. Simmer until syrup reaches 225 degrees, will take about 10 minutes. While syrup is simmering, place coconut sugar and butter in a medium mixing bowl. As soon as the syrup reaches 225 degrees, immediately pour it over the sugar and butter. Let mix sit for 1 minute and then whisk together. Add 3 eggs, vanilla, and 1/4 tsp. sea salt and whisk (the mixture might look a little grainy).
4. Pour filling mixture into the prepared pie crust and top with pecans. Cover crust with a pie shield or foil. Bake for 15 minutes. Reduce heat to 350 degrees and bake for an additional 15 minutes. The filling will be slightly less set in the center than the edges and it might puff up in the middle a little, but will set as it cools.
5. Serve slightly warm or at room temperature. Enjoy!

