



A Recipe from

Kitchen



DR. SINATRA'S SUBLIME PUMKIN PIE

If you have any pumpkin filling left over, pour it into a ramekin and bake alongside the pie, or freeze it for another time.

Choose organic items whenever possible

- 1 cup whole-wheat pastry flour
- ½ cup [almond](#) flour
- 1 tablespoon ground flaxseed
- ½ teaspoon salt
- 1 teaspoon xylitol or birch sugar
- ¼ teaspoon ground [cinnamon](#)
- 4 tablespoons unsalted butter from grass-fed cows
- 15 ounces all-natural pumpkin puree
- ½ cup low-fat milk
- 2 [omega-3 eggs](#)
- 2 teaspoons vanilla extract
- 1 cup low-fat vanilla yogurt
- 1 tablespoon pumpkin pie spice
- ½ cup xylitol or birch sugar

In a food processor, combine the flours, flaxseed, salt, sugar, cinnamon and butter. Pulse until thoroughly blended. Pour ½ cup ice-cold water through the feed tube and pulse until the dough comes together. Remove from the processor and shape into a ball. Refrigerate for 15 minutes. Place an oven rack on the middle shelf and preheat the oven to 350°F. Place the pie crust on a well-floured piece of wax paper. Flour a rolling pin and carefully roll out the dough into a 12-inch circle no thicker than ½ inch. Transfer to a 10-inch pie pan and tuck any extra dough under the edges. Pinch the dough between your fingers and one knuckle to create a scalloped crust. Cover the crust with aluminum foil and fill the foil with dried beans or pie weights. Place the plate into the oven to bake for 15 minutes. Remove the foil and beans and bake for another 10 minutes or until the crust starts to turn golden. Remove from the oven. Using a mixer, mix the pumpkin, milk, eggs, vanilla, yogurt, spice and sugar until well combined. Pour into the baked pie crust and place in the oven for 30 minutes. If the pie crust starts to darken, cover the pie loosely with the foil. Remove from the oven and cool before serving. Serves 10.

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