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## Healthy Pumpkin Pie

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### Ingredients for the Crust

1 ½ cups Almond meal or flour  
¼ tsp fine sea salt  
¼ tsp pumpkin pie spice  
¼ tsp cinnamon  
¼ tsp baking soda  
¼ cup coconut oil  
1 Tbsp water

### Ingredients for Filling

½ cup unsweetened pumpkin puree  
½ cup Ricotta cheese  
1 tsp pure vanilla extract  
¼ tsp fine sea salt  
¼ tsp pumpkin pie spice  
¼ tsp cinnamon  
1 dropper full vanilla stevia drops, adjust to taste

### Prepare the Crust:

Preheat oven to 350 degrees with the rack in the middle. In a bowl whisk together the flour, baking soda, salt, pumpkin pie spice and cinnamon. Break apart any lumps. Add the oil and water, combine with a spoon. Put the dough on a work surface. Knead the dough until well combined with your hands. Press dough into a 9 inch tart pan. Be sure to press it all the way up the sides and evenly throughout the pan. Put tart on a baking sheet and bake it for 10 minutes. Take it out of the oven and allow to cool.

### Prepare the Filling:

Mix pumpkin puree with ricotta cheese, sweetener, vanilla, salt, pumpkin pie spice and cinnamon. Evenly distribute it over the partially baked tart dough. Smooth with the back of a spoon or spatula.

Bake with tart on the baking sheet for 10 minutes. Finish by broiling on low for 2-4 minutes until the edges of the crust are slightly browned and the top of the pumpkin filling crackles a bit. Watch carefully so it does not burn!