



# GLUTEN FREE PUMPKIN PIE WITH QUINOA PIE CRUST

## QUICK INFORMATION

**TIME**  
  
**1 HR 20 MIN**

**SERVES**  
  
**8**

**CALORIES**  
  
**335**

**GLUTEN FREE**  
  
**RECIPE**

**VEGETARIAN**  
  
**RECIPE**

## INGREDIENTS

### CRUST INGREDIENTS

- 1 cup uncooked Lundberg Tri-Color Blend Quinoa
- 1/2 cup corn meal
- 1 Tbsp. corn starch
- 1/2 tsp. salt
- 1 Tbsp. brown sugar
- 1 large egg (beaten)
- 1 Tbsp. butter
- 1 Tbsp. olive oil
- 1/4 cup + 2 Tbsp. water
- Non-stick cooking spray

### FILLING INGREDIENTS

- 16 ounces pumpkin puree
- 1 cup half-and-half or table cream
- 1/2 tsp. nutmeg, freshly grated
- 1/2 tsp. kosher salt
- 3/4 cup dark brown sugar
- 2 large eggs
- 1 large egg yolk

## NUTRITIONAL FACTS

Serving Size: 1 piece of pie

### AMOUNT PER SERVING

**Calories** 335      Calories from Fat

**Total Fat** 12g  
Saturated Fat 5g

**Cholesterol** 107mg

**Sodium** 351mg

**Carbohydrates** 49g  
Fiber 3.5g  
Sugar 35g

**Protein** 7.5g

## PREPARATION

### PREPARATION FOR CRUST

Preheat oven to 350°.

Spread quinoa in a single layer on a large baking sheet and place on middle rack of oven for 10 minutes.

Pour quinoa into a large mixing bowl. Place 1/2 cup of the toasted quinoa into a food processor or blender on high for three minutes to create quinoa-meal.

Combine processed and unprocessed quinoa together in the bowl with the other dry ingredients and mix thoroughly.

Add wet ingredients to mixture and stir into a smooth paste.

Spray your pie plate with non-stick cooking spray, then press the quinoa mixture into the pie plate to evenly coat the bottom and sides.

Bake in a 350° oven for five minutes to set.

### PREPARATION FOR FILLING

Simmer pumpkin puree on medium heat for two minutes then stir in nutmeg, salt and cream. Return to a simmer, then remove from heat.

While mixture is cooling, mix together brown sugar, eggs and egg yolks. Whisk until smooth.

Allow pumpkin puree to cool for 10 minutes then stir in egg and sugar mixture and whisk until smooth.

Pour mixture into quinoa pie crust and bake in the oven on the center rack for forty-five to fifty minutes until a knife inserted in the middle comes out clean.

Cool two hours before serving.