



PUMPKIN KEFIR PIE

Preheat oven to 350° F.

Makes 2 deep dish pies

Pumpkin Filling:

7 eggs
1½ C. raw sugar
4 Tbsp. whole wheat flour
1 tsp. ground cinnamon
½ tsp. ginger
2 tsp. vanilla extract
1½ C. canned pumpkin puree
6 Tbsp. melted butter
2½ C. liquid kefir

Whisk eggs and sugar in large bowl until blended. Mix in flour, pumpkin pie spice and vanilla. Stir in pumpkin and butter, then liquid kefir.

Pour filling into crust. Let sit at room temperature to give kefir time to culture (to pre-digest the carbs for you) at least 1 hour, and don't worry, it won't turn bad.

Bake until set (center will puff slightly) about 45 minutes. Cool completely.

Serve with kefir cultured whipped cream.

Kefir Cultured Whipped Cream:

2 C. heavy whipping cream
2 Tbsp. live kefir pearls (grains)
1 Tbsp. raw sugar

Place heavy whipping cream, sugar and kefir pearls in glass quart jar. Gently stir, then let culture at room temperature 24 hours.

Strain kefir pearls out of the cultured whipping cream. Place cultured cream in stainless steel bowl and refrigerate until cold enough to whip into a stiff cream to top your pumpkin pie.

