

# Pecan Pie

## **Crust:**

3/4 c. oat fiber

1/2 c baking blend

1/2 c. unsalted butter, cut into 1/2" pieces

1/8 c. xes sweetener or THM gentle sweet

1/4 tsp. mineral salt

1 1/2 tsp. apple cider vinegar

1/2 c. ice water (more if needed)

## **Filling:**

1 cup caramel sauce (see above)

2 large eggs

1/3 c. xes sweetener or THM gentle sweet

1/4 c. almond or cashew milk

1/4 tsp ground cinnamon

1/4 tsp glucomannan

1 1/4 cups chopped pecans

1 cup halved pecans

\*optional for chocolate pecan pie ~ 1/2 cup sugar-free

## **Directions**

### **For the crust**

Place oat fiber, baking blend, and butter into the freezer for 15 minutes before starting crust process.

In a large food processor, pulse oat fiber, baking blend, Gentle Sweet, and salt until combined. Add butter and pulse until pea-sized and some slightly larger pieces form. With the machine running, add vinegar, then ice water into the feed tube, 1 tablespoon at a time, until the dough starts to come together and is moist but not wet and sticky (test by squeezing some with your fingers). The mixture will be crumbly.

Turn dough onto a lightly floured surface, form into a ball, and flatten into a disk (making sure there are no/minimal cracks).

Cover with plastic wrap and refrigerate until dough is very cold, at least 2 hours or up to overnight. (Allow me to come clean here...If you follow the refrigeration instructions in this part of the recipe it will result in a slightly flakier crust. This is because of the steam created from the cold dough in the hot oven. HOWEVER, if you are short on time, or just lazy like me, you can skip all the refrigeration steps and go straight to rolling out and baking. You still get a delicious crust!)

Preheat oven to 425° and lightly grease a 9"-x-1.5" pie dish with cooking spray.

On a lightly floured surface, roll out the dough into a 12" circle. Drape over the pie dish and gently press to fit (don't stretch). (I highly suggest rolling this out on parchment paper. That way you can turn it over onto the pie plate and peel off the paper. I did not do this and you can see my cracks. It is a forgiving dough however and I just pushed it back together!) Prick the bottom with a fork. Remove any excess pie dough. Bake for 10-12 minutes. Reduce heat to 350°.

### **For the filling**

Beat the eggs, gentle sweet, nut milk and cinnamon, and caramel sauce until well combined. Add the chopped pecans and stir to combine.

Pour the filling into the crust evenly. Top with pecan halves. (This step can be as fancy as you want or not fancy at all. In fact, you could use all chopped pecans if you want, the difference is only in how your finished pie will look, not taste.)

Bake uncovered for 25 minutes. Cover loosely with foil and bake for an additional 20-25 minutes or until the middle of the pie is set (not super jiggly).