

Pecan Pie



Plan Z Phase: This is a Z3 (ZReboot) Recipe. Just in time! BIG YUM. Pecan pie! I never thought I'd be able to make a recipe for pecan pie. All I could think about was all of the corn syrup! This pie comes together easily, and your family will never know they aren't eating the usual pecan pie pile of sugar.

Servings: 8 Slices of pie.

Ingredients:

- 1 almond flour pie crust or in a pinch if your weight is stabilized and you want to have a treat you can use a commercial pie crust from the refrigerated section of the grocery store
- $\frac{3}{4}$ cup of butter
- 1 cup of Swerve Brown. This is a specialty sugar substitute. You'll need to order this online. I have not yet seen it get to the stores.
- 2 tsp of organic vanilla
- $\frac{1}{4}$ tsp of grated sea salt
- 3 large eggs
- 1 cup of pecan halves and $\frac{1}{2}$ cup of pecan pieces

Instructions:

Make the pie crust according to the instructions. Bake it for 8-10 minutes as instructed.

In a sauce pan add the butter and the Swerve Brown. Stir on medium until the butter is melted and the Swerve dissolves. Take off of the heat and stir in the vanilla. Now let it sit just a few minutes before you add the eggs. If you add the eggs too fast, they might “cook”.

In a small bowl whisk your eggs so they are all stirred up. Then slowly let them drizzle into the pie filling in the sauce pan and keep whisking them until they are all incorporated.

Put your pecans and the pieces in the bottom of the pie plate on the crust. Slowly pour the filling over the pecans.

Bake 40 – 45 minutes until the pie begins to brown but there is still a little jiggle in the filling in the middle. It will become more firm as it cools. Cool completely before serving.

Enjoy!

Cheers,