



JOE'S
NO, IT'S NOT A CHALICE

goblets of PIE (AIP)

“My spouse has severe chronic neutropenia. We’ve had a lot of success managing the condition with diet. The Autoimmune Protocol (AIP) is an anti-inflammatory elimination diet. We developed this recipe as a way to enjoy pumpkin pie without grains, eggs, or dairy.”

— Joe, Development Team

YIELD: 4 servings

INGREDIENTS

- 2 cups roasted pumpkin purée
- 1 cup coconut milk
- ¼ cup maple syrup
- 1 tbsp blooming gelatin
- 2 tsp cinnamon
- ¼ tsp ground clove
- 1 tsp grated nutmeg (optional)

MATERIALS

- Blooming gelatin
- Large metal bowl
- Whisk
- Medium pot
- Stemless wine glasses
- Plastic wrap

INSTRUCTIONS

1. Mix half of the coconut milk and the gelatin in a metal bowl. Whisk to combine and let sit for a few minutes before heating to allow the gelatin to bloom.
2. Boil an inch or two of water in a pot that is small enough for the mixing bowl to sit above water level.
3. Melt the gelatin mixture by placing the bowl above the boiling water and whisk.
4. When the gelatin is melted, add the rest of the ingredients whisking gently over the heat to combine.
5. Divide the mixture into four stemless wine glasses. Top with more nutmeg and cover with plastic wrap.
6. Place in the fridge and allow the gelatin to set for at least an hour. Serve and enjoy!

TIPS AND TRICKS

Mixing powdered gelatin with a cold or room-temperature liquid before heating helps to prevent it from forming dry clumps.