

Pumpkin Pie

2 tbsp. flour

½ tsp salt

½ tsp ginger

½ tsp mace

½ tsp nutmeg

½ tsp cinnamon

1/3 cup brown sugar

1/4 cup maple syrup

1 cup coconut milk (instead of milk)

2 eggs well beaten

1 ½ cups canned pumpkin

10 in. Pie shell

Mix ingredients. Bake in hot oven -450 f. For 10 mins. Reduce to 325 f. And bake for 30-40 mins or until filling is firm.