

PUMPKIN MERINGUE PIE

INSPIRED BY NY TIMES

CRUST INGREDIENTS

Cooking spray
1/3 cup old-fashioned rolled oats
1.4 cup granulated sugar
1/4 tsp fine salt
1 1/3 cups chopped pecans
1 tbsp firm coconut oil

FILLING & MERINGUE INGREDIENTS

3/4 packed light brown sugar
2 tsp pumpkin spice
1/4 tsp fine salt
15 oz pumpkin purée
4 large eggs
1 cup coconut milk
1/3 cup granulated sugar
1/8 tsp cream of tartar
1/2 tsp vanilla extract

CRUST DIRECTIONS

Heat the oven to 325 degrees with a rack in the bottom third. Line the bottom of a 9-inch springform pan with parchment paper (see Tips), then coat with cooking spray.

Pulse the oats, sugar and salt in a food processor until finely ground. Add the pecans and pulse until finely ground, then add the coconut oil and pulse until incorporated. Very firmly press the mixture into an even layer in the bottom and a little up the sides of the pan.

Bake on a sheet pan until dark brown throughout and very dry, 20 to 25 minutes. Cool completely on a rack.

While the crust cools, make the filling: Combine the brown sugar, spice and salt in the food processor (no need to wash it). Pulse until well mixed, then add the pumpkin and purée until smooth. Add 2 whole eggs, then separate the remaining 2 eggs. Save the whites in the refrigerator for the meringue and add the yolks to the pumpkin. Process until smooth, then add the coconut milk and process until blended, scraping the bowl as needed. Pour the filling over the crust.

Bake on the sheet pan until set and no longer jiggly, 55 to 65 minutes. Cool to room temperature. The pie can be covered and refrigerated for up to 2 days before adding the meringue. Bring to room temperature before topping.

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MERINGUE DIRECTIONS

Whisk the granulated sugar and cream of tartar in the bowl of a stand mixer (or other heatproof bowl if you're using a hand mixer). Whisk in the reserved egg whites, then set over a saucepan of simmering water and whisk until the sugar dissolves. The mixture should feel warm and not at all gritty.

Transfer to a stand mixer and whisk on medium-high speed just until stiff, glossy peaks form. If you're using a hand mixer, take the bowl off the saucepan and beat. Add the vanilla and whisk until evenly incorporated.

Gently dollop the meringue over the tart, swooping it with peaks. Brown with a kitchen blowtorch or under a broiler. If using a broiler, keep an eye on it as it only takes 15 to 45 seconds. Carefully remove the sides of the pan and slide the pie onto a serving plate. The pie can be kept at room temperature for a few hours.

HEALTH BENEFITS

PECANS can be baked into a wide variety of foods to add flavor and nutrition. In addition to being a good source of fiber and protein, pecans contain more than 19 vitamins and minerals including vitamins A and E, folic acid, calcium, magnesium, phosphorous, potassium, zinc, and several B vitamins.

EGGS and EGG WHITES are nutrient-dense and a great source of high-quality protein. Eggs are a natural source of omega-3 fatty acids, vitamins A, D, E, and B12, antioxidants, and choline. Containing a little bit of almost all the nutrients needed, eggs are considered a superfood, but check with your healthcare team if eggs are safe for you to consume.