

# THE YEAST CONNECTION

## DECEMBER RECIPES

Happy Holidays! Yes, we're serious. Don't despair. The recipes this month are traditional holiday fare of poultry stuffing and pumpkin pie prepared with a twist so they are yeast and sugar free. So, you can enjoy the holidays and not have to feel bad. Let us know what you think. Share your favorite recipes with others by writing [recipes@yeastconnection.com](mailto:recipes@yeastconnection.com) and we'll post them here in the months to come.

### PUMPKIN PIE ( from The Yeast Connection Cookbook [LINK TO STORE](#))

One 9" pie

Nut N' Seed Crust: Prepare and bake this first and set aside while you prepare the filling. This recipe prepares just the right amount you need for one 9" pie.

3/4 cup brazil nuts, cashews, or pumpkin seeds  
1/4 cup sesame seeds  
1/4 cup tapioca or arrowroot starch  
1/2 teaspoon cinnamon, optional  
pinch of salt, optional  
3 tablespoons boiling water

Grind the nuts, half at a time, in a blender. Put the nut meal in a small bowl. Grind the sesame seeds and add to the bowl. Add the starch and optional seasonings if you want them. Stir mixture well. Add the boiling water and stir with a fork until it comes together into a ball.

Oil a 9 inch pie plate. Press the ball of dough into the center, flattening it with wet fingers. When it fills the bottom, use your fingers to mold the mixture up the sides. Go back to the center often to pat it thinner, so you can move the dough out toward the edges. Smooth the top edge. Bake at 350 degrees for 20 minutes. Cool while you make the filling.

Pumpkin filling:

1/2 cup Brazil nuts, cashews, or pumpkin seeds  
1 3/4 cups boiling water  
1 pound of pumpkin puree (1 2/3 cups) fresh or canned

2/3 cup of fruit sweetener ( start with fresh grapes, puree them until you have about 2 cups of puree. Then heat in a saucepan on the stove, stirring constantly until enough water has evaporated that you have about 2/3 cup of “fruit sweetener” remaining.)

1/2 teaspoon cinnamon

1/8 teaspoon ginger

add 1/4 teaspoon of grated nutmeg or ground cloves or both if you’d like a spicier pie

3 tablespoons arrowroot or tapioca starch

2 tablespoons cool water

Make nut milk by grinding the nuts in a blender to a fine powder. Add the boiling water and process for two minutes. Add the pumpkin, fruit sweetener and spices. Blend well.

In a 3 quart saucepan dissolve the arrowroot in the cool water. Stir in the pumpkin mixture. Bring to a boil over medium heat, stirring often. Allow to boil for 3 minutes. Remove from heat and cool until filling is lukewarm. Pour the filling into the pie shell, cover, and chill.

#### POULTRY STUFFING ( From The Yeast Connection Cookbook [LINK TO STORE](#))

Enough for 6 servings as a side dish

2 cups rolled oats

2 eggs

2 tablespoons oil

1 clove garlic, pressed

1/2 cup chopped onion

1/2 cup chopped celery

salt and pepper to taste

2 tablespoons minced fresh parsley

1 teaspoon poultry seasoning

1/4 -1/2 teaspoon dried sage

2 cups or more chicken broth, skimmed of fat

In a medium-sized bowl, combine the oats and eggs. Stir together until the oats are coated with egg. Set aside to soak for 5 minutes.

In a large skillet, heat the oil until it’s hot enough to sauté and add oats. Toast oats in the oil. Stir and toss often until they are golden brown and in small clumps like ground beef.

Add garlic, onion, celery, and seasonings. Cook slowly until the vegetables begin to soften, about 3-5 minutes. Add the chicken broth and simmer until the liquid is absorbed, about 5 minutes.

The dressing should remain moist even when the liquid disappears. Add a little more broth or water if needed. Serve hot.

