

*Gluten-Free + Plant-Based*

# **HOLIDAY PIES CLASS**

*Recipe E-Book*



**PURE JOY PLANET**

*by Katelyn Louise*

# Contents

TOOLS NEEDED	P. 2
GLUTEN-FREE FLOUR BLEND	P. 3
BASIC PIE CRUST	P. 4
PECAN PIE BAR CRUST	P. 5
MAPLE PECAN PIE FILLING	P.6
MULLED SPICE CHERRY PIE	P.7
CHERRY PIE ASSEMBLY	P.8
PUMPKIN (OR SQUASH PIE)	P.9
WHIPPED CREAM	P.10

# *Tools Needed*

- High-Speed Blender (we use a Vitamix)
- Food Processor 11 or 14 cup size (we use Cuisinart or Kitchenaid)
- Pie pan (8 or 9-inch)
- Rolling pin
- Piping bag + tips

# *Gluten-Free Flour Blend*

4 cups almond flour or oat flour\*

2 cup arrowroot or tapioca

1/2 cup coconut flour

1. Sift everything together then store it in a glass jar for up to 2 months in your cupboard.
2. Use this in any pie, pancake, cake, or cookie recipes, in place of regular flour.

*\*\*Gluten-free oat flour is denser and closer to wheat flour in texture. You can also grind your own flour by putting rolled oats in the blender.*

# Basic Pie Crust

*Makes: x1 8 or 9 inch Pie*

1 cup gluten-free flour blend (P. 3)

1/2 cup cassava flour

2 Tbsp. arrowroot or tapioca flour

1/4 tsp. mineral salt

1-2 Tbsp. GROUND coconut sugar

1 Tbsp. maple syrup (or more coconut sugar)

1/2 cup unsalted cold vegan butter (we like Myoko's vegan butter)

1 Tbsp. vodka\*(or sub cold water, though vodka makes it the flakiest)

2 1/2 - 3 Tbsp. ice-cold water, plus more if necessary

1. Add the flours, coconut sugar, and salt to a food processor and pulse a few times to combine. Add the cold butter cubes and pulse again for 20-30 seconds until pie dough starts to resemble tiny balls.
2. Add 1 tbsp. chilled vodka and 2 tablespoons of ice-cold water to the dough. Pulse until dough comes together just a bit, resembling small beads and eventually rolls in the food processor like dough. If your dough is too wet, add 1/2 tablespoon flour until it comes together. Do not over mix the dough.
3. Place dough onto a well-floured surface and form into a disk shape, then place in a reusable bag in the fridge for at least 30 minutes-1 hour or up to 2 days. Once the dough has been chilled, generously flour a clean surface. Use a rolling pin to roll the dough out to be 2" larger than your pie dish. If the crust is cracking a lot, give it a couple minutes to warm up slightly.
4. Carefully transfer the pie dough to your pie pan, and be sure not to stretch the dough. Lift up the edges, and gently work the dough down to the bottom of the dish. Trim the edges of your pie dough that overhang over the edges of the dish, and shape the edges.
5. Place the pie crust in the refrigerator to let the butter set up again before par-baking (partially baking), for about 15 minutes.
6. To par bake, preheat oven to 350°F. Remove chilled crust and poke holes into the bottom of the crust.
7. Bake the crust for 8-10 minutes or until slightly browned. Remove from the oven and let cool before filling with desired pie filling.

# Quick Pecan Pie Bar Crust

*Makes: 8-Inch Square Baking Dish*

1 1/2 cups almond flour or gluten-free flour blend (P. 3)  
1/2 cup tapioca starch or arrowroot (or all almond flour)  
1/4 tsp mineral salt  
3 Tbsp softened coconut oil  
1 Tbsp. maple syrup  
1 Tbsp. GROUND coconut sugar (or all maple)  
1/2 tsp. vanilla extract

1. Preheat oven to 350°F.
2. In a food processor, add all ingredients and process just until dough is slightly sticky and workable.
3. Transfer mixture to a greased baking dish and spread evenly to distribute and pack well.
4. Fork holes all over the bottom of the crust for airflow while baking.
5. Par bake by placing crust into the oven and bake for 12 minutes, or until it looks pale and dry in the center and the edges just start to look golden.
6. Remove and let cool slightly before adding in Maple Pecan Pie Filling.

# Pecan Pie Filling

*Makes 1 8 or 9-inch pie*

1/2 cup coconut sugar

1 cup coconut cream, from can (solid part only)

1/2 cup maple syrup

1/4 cup vegan butter, butter or coconut oil

2 tsp vanilla extract

1/2 tsp mineral salt

-

3 Tbsp ground flaxseed mixed with 1/2 cup water

4 Tbsp arrowroot starch or powder, mixed with 1/4 cup water

2 cups+ pecan halves, slightly broken up with your hands

1/4 cup more pecan halves (for the top)

1 Par Baked Basic Pie Crust (P. 4)

1. Preheat oven to 350°F.
2. In a medium saucepan over medium heat, heat all ingredients, except ground flax mixture, arrowroot mixture, and pecans.
3. Whisk until slightly bubbling (about 3-5 minutes)
4. Add arrowroot and water mixture and whisk thoroughly, simmering for another 2-3 minutes. Remove from heat
5. Let cool for a few minutes before adding ground flax and water mixture. Whisk thoroughly again. Fold in 2 cups pecan halves.
6. Adding filling to your par baked crust, spreading evenly and making sure the pecans are distributed throughout.
7. Bake for 30-35 minutes or until the edges are bubbling and the filling has darkened slightly.
8. Allow to cool at room temperature for 1-2 hours to set up before serving.

# *Mulled Spice Cherry Pie*

*1-8 or 9 Inch Pie*

## Mulled Spice Tea

3/4 cup water, apple cider, or red wine

2 Tbsp. mulling spices

## Cherry Filling

5 1/2 cups frozen dark sweet cherries, pitted

1/3 cup coconut sugar

1/4 cup maple syrup (or more coconut sugar for lower sugar)

1 Tbsp. lemon juice

2 tsp. vanilla extract

1/4 tsp. almond extract

3 Tbsp. arrowroot

Zest of 1 orange

2 batches Basic Pie Crust (P. 4)

## "Egg" Wash

1 Tbsp. coconut milk (or milk of choice)

Sprinkle of coconut sugar

1. In a medium saucepan, bring the water, wine or cider and mulling spices to a light simmer and simmer for 5 minutes, with a lid. Strain and set aside.
2. To a large pot, add the cherries with coconut sugar, maple syrup, lemon, vanilla extract, and almond extract.
3. Allow the cherries to start to come to a light boil, then reduce the heat to low/simmer and allow the cherries to cook down for a 5 to 10 minutes to thicken.
4. In a small bowl, add arrowroot with mulled spice tea and stir until arrowroot has dissolved. Add arrowroot mixture to cherries and stir to combine, heat for another 1-2 minutes. Stir in orange zest if using.
5. Remove from the heat and let cool in the refrigerator before filling your pie (at least 30 minutes).



# *Cherry Pie Assembly*

1. Line a pie pan with one rolled-out pie crust (following instructions on P. 4) . Trim off any excess dough. Add the cooled cherry pie filling to the pie crust, and place the pie into the fridge to chill again while you roll out the second dough to make your lattice.
2. Roll the second dough out in a large circle, big enough to cover pie. Measure 1" in width for each strip for the lattice, slicing 8- 10 strips. Drape half of the strips parallel to each other over the pie. Then lift back the second and fourth strip. Place a lattice strip that's appeared across the strips. Place the second and fourth strips back. Now pull back the first, third, (and fifth strips if using). Place another lattice strip directly next to the last lattice strip, appeared across the first batch. Place the first, third, and fifth strips back. Repeat, alternating the groups of paralleled strips until you've achieved a woven lattice crust
3. Seal off the lattice crust, cutting any overhanging lattice pieces to meet the edge of the pie dish. Then fold over the hanging pie crust onto the edges of the lattice crust. Use a fork to shape the edges of the pie crust as you'd like. Place the crust into the freezer or fridge to chill for 10 minutes.
4. Brush the cherry pie crust with the alternative egg wash.
5. Bake for 45-50 minutes at 375°F. If you notice the edges of your crust are browning midway through the baking, you can use a pie-shield or carefully place tinfoil over the crust to slow the browning.
6. Allow the cherry pie to set at room temperature for 3-4 hours.
7. Slice and serve with a dollop of Whipped Cream (P. 10).
8. Store any uneaten slices in the fridge in an airtight container for up to 4 days, or the freezer for up to 1 month.

# *Pumpkin (or Squash) Pie*

*1- 8 or 9 Inch Pie*

2 cups pureed pumpkin, sweet potato, or butternut squash (or a combo of each)

1/4 cup maple syrup

1/4 cup coconut sugar

1/2 cup coconut cream (from can, solid part only)

1 tsp vanilla extract

2 Tbsp. arrowroot

1 1/2 Tbsp. pumpkin spice

1/4 tsp. mineral salt

1 batch Basic Pie Crust (P. 4)

1. Add all filling ingredients to a high speed blender and blend until smooth and creamy.
2. Pour filling into crust and smooth with a spatula. Bake for 30-35 minutes. If crust begins to darken too much, cover the edges with foil for the last 5-10 minutes of baking.
3. The center may not look like it's done, but it is. It's critical to let the pie cool COMPLETELY before cutting - at least 3 hours. After about an hour of cooling, you can transfer the pie to the refrigerator until ready to serve.
4. Before serving, top pie with vegan whipped cream and additional cookie crumbles. Enjoy!
5. Store any leftovers in the refrigerator.

# Whipped Cream

*Serves: 2-3 pies*

## SEA MOSS GEL

1/2 cup soaked Sea Moss (Irish Moss)

3/4 cup hot water

## FROSTING

1 cup cashews or macadamia nuts, soaked for 1 hour

1 cup coconut cream (from can, solid only)

3/4 - 1 cup water

3 Tbsp. maple syrup, honey or stevia to taste

2 tsp. vanilla extract

1/8 tsp. mineral salt

1 Tbsp. Non-GMO soy or sunflower lecithin

1/2 cup melted coconut oil

1/2 cup freshly prepared Sea Moss Gel

1. **Sea Moss Gel:** Soak a handful of moss in cool or cold water for at least 30-minutes. Rinse well under cold water, then chop it up a bit. Pack the measuring cup when measuring by pushing down. Blend with the hot water until smooth. Check with your fingers to make sure there are no lumps whatsoever.
2. Add prepared moss with all ingredients to a blender and blend on high until smooth.
3. Taste and adjust the flavor to your liking.
4. Pour into a glass container and set up in the refrigerator for 6 hours or overnight. See Cake Assembly for instructions.

## ♥ *About the Author*

### Katelyn Louise

*CO-OWNER, DIRECTOR*

Katelyn is the co-owner of Pure Joy Planet, a holistic plant-based gluten-free culinary school, and the founder of 5th Dimension Foods. She's been a nutrition-based chef, instructor, entrepreneur, and recipe developer for over 12 years and has gained a following for her healthy recipes. Her students have attained vibrant health and well-being by following Katelyn's nutritional and lifestyle advice and recipe.

As a culinary instructor, she has taught hundreds of students about the symbiotic relationship between what we eat and how we feel and has empowered them with the skills they need to create meals that nourish them both physically and mentally.

She has also been on a successful journey to healing herself from chronic illnesses and would graciously like to share what has helped her with you. Katelyn specializes in healing autoimmune through low-glycemic, gluten-free, whole foods, emphasizing medicinal herbs and superfoods and loves to share her holistic approach to nourishment and wellness.





## *We appreciate you!*

Pure Joy Planet is an innovative plant-based culinary school offering wellness coaching, courses, certification programs, and plant-based food development. Operated and taught by Elaina Love and Katelyn Louise, we serve those who follow a vegan, gluten, grain and dairy-free, plant-based keto, paleo, and flexitarian diet approaches.

We help women get to the root cause of their health problems, weight gain, and hormonal imbalances by accessing the emotional triggers around food and their health, coupled with the healing power of whole foods, herbs, medicinal mushrooms, and superfoods. We do this by meeting them where they are at - we don't promote dieting, dogma, or restrictive protocols. We support your team of health professionals by supporting you in breaking through old patterns of unworthiness and emotional eating. Our mission is to teach our clients how to have a balanced, healthy lifestyle that is tailored to their unique health and nutrition needs. Through our online courses, coaching programs, retreats, and other live events, we bring the power of preparing food at home back to you.

Founded by Chef Elaina Love in 2010, Pure Joy Planet and our Pure Joy Academy has trained thousands of students from all over the world.

### *Contact Information*

Phone: 520-314-0762

Email: [katelyn@purejoyacademy.com](mailto:katelyn@purejoyacademy.com)

Instagram: [@purejoyacademy.com](https://www.instagram.com/purejoyacademy.com)