

Pecan Pie

Serves 8



INGREDIENTS

1 Frozen pie shell

Pecan Filling:

1 ¼ c. Barley malt syrup

½ c. Vanilla soy milk

1 Tbs. Extra virgin olive oil

2 Tbs. Fiberagar® flakes

(or 1 tsp. Fiberagar® powder)

3 c. pecans, coarsely chopped

2 tsp. Vanilla Extract



PREPARATION

1. Preheat oven at 350°.
2. Pecan filling: Place malt, soy, oil and FIBERAGAR® into a saucepan. Cook over a low flame, stirring frequently, until the agar dissolves, about 15 minutes. Turn the flame to high and cook until mixture foams. Remove from flame, whisk in vanilla and stir in pecans. Pour into pie shell.
3. Bake for 30 minutes. Remove and allow to cool for 1 hour. As it cools the filling will set.