**Naturally Pecan Pie**

***Ingredients:***

* 1 T Soy Flour
* 5 T Cornstarch
* ¾ c Almond Milk
* ½-¾ c Maple Syrup
* ½ c Turbinado, Sucanat or Cane Crystals
* ¼ c Vegetable Oil or Light Olive Oil
* 1 t Vanilla
* ¼ t Sea Salt
* 1 c Pecan Halves
* 1 9” Pie Crust (pre-cooked)

***Directions:***

1. Blend all ingredients except pecans.
2. Pour mixture in saucepan and cook on medium heat, stirring constantly until thickened.
3. Pour mixture into bake pie crust and arrange pecan halves in single layer on top.
4. Bake at 350 ̊ for 20 minutes, refrigerator and allow to; cool before cutting.

***Did you know?***

*Regular addition of pecan nuts in the diet helps to decrease total as well as LDL or “bad cholesterol” and increases HDL or “good cholesterol” levels in the blood.*