

Wholesome Recipes

from the *Amazing Wheat Book*

by LeArta Moulton



Yam Pie

- 1 1/3 C cooked, peeled yams (or pumpkin or squash)
- 1/2 tsp salt
- 1/3 C honey or brown sugar
- 2 C crushed pineapple (do not drain)
- 3 T browned flour*
- 1 T molasses
- 1/2 tsp vanilla
- 1 T butter
- 1/2 C soy milk powder
- 1/2 tsp grated orange rind
- 1/2 tsp ground coriander

Blend ingredients together thoroughly in blender. Pour into prepared, unbaked pie shell and bake 1 hour until done, 10 minutes at 400°, and finish at 350°.

****Browned Flour***

Toast flour till browned either by cooking in heavy non-oiled fry pan, stirring constantly or by placing on baking sheet at 250° for about 20 min.