

COOKBOOK CORNER

A Healthy Holiday Pie With A Difference

(NAPSA)—If anyone can be said to have the recipe for spirituality and well-being, it is Deepak Chopra, M.D. Chopra is best known for his work in spirituality, mind-body medicine and anti-aging.

He now offers another kind of recipe—the delicious recipes served at the Chopra Center for Well Being. These nutritiously mouthwatering recipes can be found in his cookbook, *The Chopra Center Cookbook: Nourishing Body and Soul*, written with David Simon, M.D. and Leanne Backer (Wiley, \$24.95).

For a delicious and healthy holiday dessert, try his Pumpkin Pie.

Pumpkin Pie: Serves 8

Crust:

- 1¼ cups whole wheat pastry flour
- 1 pinch salt
- ½ cup cold butter, cut into ½-inch pieces
- 1 tablespoon apple cider vinegar or white vinegar
- 4 to 6 tablespoons ice water

Filling:

- 1 3-pound pumpkin
- Apple juice
- 1 cup low-fat vanilla soymilk, milk or cream
- ½ cup turbinado sugar
- 2 tablespoons maple syrup
- 2 eggs or ¼ cup applesauce or mango purée plus ¼ cup canola oil
- 1 teaspoon cinnamon
- 1 teaspoon ground ginger
- ½ teaspoon ground cloves
- 1 pinch salt

Place the flour and salt in a food processor and pulse to combine. With the machine running, begin to add the butter, one piece at a time. Continue to pulse until the mixture looks like coarse meal. Add the vinegar. With the machine still running, begin to slowly add the ice water, 1 tablespoon at a time, waiting a moment or two before each addition, until the dough begins to form into a ball in the bowl of the processor. Remove the dough and place on an oil-sprayed surface and roll out into a circle that is 1 inch larger around than the pie pan. Lightly oil the pie pan and place the dough in it, leav-



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Served at the Chopra Center for Well Being, this pumpkin pie is healthy and delicious.

ing a 1-inch edge around the perimeter of the pan. Create a nice border around the pie pan, trimming off any excess dough. Place the piecrust in the refrigerator while you make the pumpkin filling.

Preheat the oven to 350 degrees. Wash and cut the pumpkin and remove the seeds. Place outside down in a baking dish with about ½ inch of apple juice, cover with parchment paper and foil, and bake for 45 minutes or until an inserted knife comes out easily. Leave the oven on. When the pumpkin is cool enough to handle, scoop out the pulp with a large spoon. Reserve the pulp in a bowl and discard the skin. In a blender or food processor, combine 3 cups of pulp, soymilk, sugar, maple syrup, eggs, cinnamon, ginger, cloves and salt. Mix well. Remove the piecrust from the refrigerator; pour the batter up to the rim of the dough. Bake for approximately 45 minutes. If the pie begins to brown too much, place some foil over it. Bake until an inserted toothpick comes out clean. The pie should be golden brown.

Nutritional Facts: Per ½-inch piece, using eggs. Calories: 291, Total fat: 13.4 g, Saturated fat: 7.7 g, Carbohydrates: 37.5 g, Protein: 4.9 g.