

# Angel Pecan Pie

Try this lovely dessert if you have some extra egg whites floating around.

*Serves 6-8*

*An easy pie that is rich and delicious.*

- 1 c. almond flour
- ½ t. cinnamon
- 3 egg whites
- ½ c. honey
- 1 c. chopped pecans
- ¼ t. baking soda

In a dry frying pan, stir fry almond flour and cinnamon until mixture is toasted, about 8-10 minutes. Set aside to cool.

Beat the egg whites until stiff; when white are beginning to stiffen, pour in honey in 3 batches, beating very well after each addition.

Combine toasted almond flour mixture, baking soda, and pecans in a mixing bowl and gently fold the egg whites into the mixture. Pour into a greased 9-inch pie pan. Bake at 325 for 25-30 minutes, until lightly browned. Cool. Serve with honey-sweetened SCD yogurt, if desired.

