

Soylicious® Buttermilk Pie



Soy buttermilk provides a healthy spin on great-grandma's buttermilk pie.

Still heartwarming with over half of the saturated fat of our original family recipe.

Prep Time: 10 minutes

Baking Time: 55-65 minutes

Ingredients

- 4 eggs
- 1 cup of soy buttermilk
- 2 cups sugar
- 2 Tablespoons of flour
- 1 teaspoon of vanilla
- 2 Tablespoons of plant-based butter (melted)
- Pinch of salt
- 1 unbaked deep-dish pie crust (Marie Callender's has no lard and is delicious)

DIRECTIONS

Preheat oven to 425 degrees.

Getting Ready: Stir up your soy buttermilk.

1. Add 1 tablespoon of lemon juice to a measuring cup.
2. Add **soy milk** up to the 1 cup line and stir.
3. Let the soy milk & lemon juice sit at room temperature for 10 minutes. It will thicken. S
4. Can be made ahead and stored for up to five days in the refrigerator.

STEP 1: Get out one mixing bowl to whip up the ingredients.

You can have this pie in the oven in 10 minutes!

- Break eggs into bowl and beat well.
- Add melted plant butter, soy buttermilk, vanilla, and salt. Beat again.
- Add sugar and flour and beat until no lumps remain.

STEP 2: Fill the pie.

- Place pie crust in a larger metal or glass pie plate or on a baking sheet (to support the weight of the filled pie when baking)
- Pour beaten pie filling into an unbaked pie crust.
- Tent Edges of crust to prevent overbrowning.

STEP 3:

- Bake at 425 degrees for 10 minutes.
- Reduce heat to 300 degrees and bake until the center is firm, about 50-60 minutes.



Warning: Resist the temptation to cut into the hot pie. Be patient!

- Let the pie cool at least two hours before serving.

Refrigerate your Soylicious® Buttermilk pie after it has cooled completely. Can be frozen for up to two months.

ENJOY!

Nutrition per serving. (Serving size: 1 slice=1/8 of the pie)

Calories 405/Protein 5.2g/Carbohydrates 73.2g/Dietary Fiber .7g/Total Sugars 63g/Total Fat 11.5g/Saturated Fat 2.6g/Sodium 257g/Cholesterol 82mg/Iron 1mg.

Nutrition facts source: verywell