



SIMPLE PUMPKIN PIE

INGREDIENTS

Pastry: 175g plain flour, sieved / 85g butter / 25g (1oz) caster sugar / 1 egg yolk / 1 tablespoon water

Filling: 200g light brown sugar / 0.5 tsp salt / 1.5 tsp ground cinnamon / 0.125 tsp ground allspice / 0.5 tsp ground ginger / 2 large eggs / 450g cooked pumpkin, mashed / 375ml milk

METHOD

1. Rub the Flora into the flour until mixture resembles fine breadcrumbs. Stir in the sugar, then add egg yolk and water and mix to a firm dough.
2. Knead lightly and roll out to line a 22cm0 flan case. Bake “blind” in preheated oven 200° C, 180° C fan, Gas mark 6 for 10 minutes.
3. While the pastry case is baking you can prepare the filling. Combine sugar, salt and spices in small bowl; set aside.
4. Using an electric mixer, beat the eggs with the pumpkin. Add the sugar mixture and beat again until combined.
5. Mix in the milk.
6. Pour the filling into the pie crust and put back into the oven. After 15 minutes turn the temperature down to 180° C, 160° C fan, Gas mark 4 and bake for a further 45 minutes or until the filling is set and you can insert a knife into the centre and it comes out clean.
7. Remove from the oven and leave to cool on a wire rack.



Registered charity number 1158700

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#FOODSAVVY TIPS

6 ways to cut food waste



PLAN

Be the (wo)man with a plan. Take a moment to think about the week ahead and when you'll be eating at home. Plan a few days at a time and make a list. Oh and you should definitely take a 'shelfie' before you head out so you don't buy what you already have.



SHOP SMART

Use your list and try not to be seduced by offers that you may not be able to eat. Keep an eye on date labels and buy in small quantities when you can. A deal is only a deal if you can eat it.



STORE

Storing food in the right place can make it last longer and taste better. Oh, and tell your fridge to chill out. The average fridge is set to 7°C in the UK. Milk will last 3 days longer if the fridge is at a proper 5°C.



PORTION

Get your portions right and both your purse and waistline will see the benefit. Check out this simple portioning hack.



KNOW YOUR LABELS

Have you ever been confused by whether food is good to eat? You are not alone. Food past its best before date is still perfectly good to eat. Use-by relates to food safety.



USE LEFTOVERS

Leftover ingredients or meals can always find a happy home in another dish. We've got more recipe suggestions than you've had hot dinners. Check out our recipe portal.

Visit www.foodsavvy.org.uk for more tips and recipes