

Pies and holidays go together, right? Good low-FODMAP pies are hard to find, and I have a winner here for you today. Pecan pie is a good candidate for modification because it has only one crust and does not have fruit or milk in it to make the crust soggy. Nuts and sugar, while suitable for low FODMAP diets, should be portion controlled. Savor a sliver of this pie but don't get carried away, or else your low-FODMAP pie will hit you with a big load of FODMAPs.

Pecan Pie with Nut Crust

Preheat the oven to 350 degrees F.

Combine the crust ingredients in a medium mixing bowl:

- ½ cup unsalted butter, very soft
- 1 cup oat flour, loosely packed
- 1 cup finely ground pecan or almond flour
- ½ cup granulated sugar
- 1 egg
- 1 teaspoon vanilla extract
- 1 teaspoon pure almond extract

Spread the ingredients across the bottom of an ungreased deep-dish pie plate and bake for 35 minutes.

While the crust is baking, combine the filling ingredients in the mixing bowl:

- 3 eggs
- 2/3 cup light brown sugar
- ½ teaspoon of salt
- 4 tablespoons melted butter
- 2/3 cup light corn syrup
- 1 teaspoon vanilla extract
- 1 cup chopped pecans

Pour the filling into the hot crust and bake for 20 minutes. Turn the heat down to 300 degrees F and bake for 10 more minutes. The pie is done when it puffs up a little across the top. Cool thoroughly then chill before cutting into 16 small wedges.