

# VLP Bachelor Pumpkin Pie

Serves 6-8, or 1 bachelor

## Needed:

Two medium or large size bowls  
Spatula  
Whisk  
Oven  
Can opener  
Measuring spoons  
Store bought pie shell  
    Open, turn up foil to catch dribbles  
    Chocolate is a great option  
Can of pumpkin 15oz  
Can of condensed milk 14oz  
2 eggs  
2 tsp VLP chai masala (just spice, no tea)  
1/2 tsp sea salt



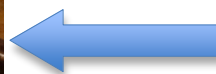
## Directions:

Preheat oven to 425 F  
Open cans  
Use spatula to empty pumpkin into one bowl.  
Measure in powders, mix with spatula.  
Break two eggs into second bowl and whisk until mixed.  
Use spatula to empty condensed milk into bowl with eggs, mix with whisk.  
Combine bowls into one (larger), mix thoroughly with whisk.  
Once oven is ready, pour liquid into pie shell, and carefully place in oven.  
Bake at 425 F for 15 minutes, then turn down to 350 F and bake approx 40-50 minutes.  
Note that most pumpkin pies are undercooked which means less flavor and a goeey texture - pie should be browned on top, crust can brown up.  
Take pie out of oven and let stand for approx 45- 60 minutes - this lets pie 'set up'.  
Emergency measure - put in fridge to set pie quickly.

## *Tip for bachelors (and bachelorettes)*

*In recipes tsp means teaspoon and TBSP or the like means tablespoon.*

*Remember 3tsp=1TB, 2TB=1oz.*



See how foil is turned up to catch dribbles and hold liquid.

*Note that you need to use the special chai masala from Vibrant Lotus Products – it has just the right mix of nutmeg, cinnamon, etc. etc.*

Extra - advanced cooking techniques for adventurous bachelors

# Fresh Whipped Cardamom Cream

## Needed

8 oz heavy whipping cream

1/2 tsp recently ground cardamom seeds (start with decorticated cardamom)

pre chilled mixing bowl - larger is better, copper is the very best

Mixing tool - electric mixer is the best

## Directions:

Throw ingredients into bowl and mix at high speed until stiff and ready to serve - takes a few minutes, can happen just before serving.

Cool option- add vanilla extract and/or maple syrup just at the end of mixing process.

Even serious cooks rarely make special tasty whipped cream; this is a great add on.