

Chocolate Rum Pie



Prep Time: 4 hours

Cook Time: 30 minutes

Ingredients:

14 tablespoon soy flour
1 teaspoon baking soda
4 tablespoons butter, at room temperature, cut into small pieces
1 tablespoon sour cream
1 ½ cup heavy cream, divided
4 tablespoon water, divided
3 ounce unsweetened baking chocolate, coarsely chopped
¼ cup unsweetened cocoa powder
2 large eggs, lightly beaten
¾ cup granular sugar substitute
1 teaspoon rum extract
1 teaspoon vanilla extract

Directions:

1. For the pie crust: In a food processor, combine soy flour, baking powder, butter, cream cheese and sour cream; process just until mixed and dough holds together. Form into a ball, then shape into a disc. Wrap well in plastic and chill for 20 minutes.
2. Reserve one-quarter of dough. From remaining dough, pinch off small (1/2-inch) balls of dough and evenly distribute on bottom and sides of a 9-inch pie plate. Using your fingers, evenly press dough onto bottom and sides to form a crust. Using reserved dough and following the same method, form a rim around the top edge of crust; using the tines of a fork, lightly press into rim of pastry to make an attractive border. Prick bottom with fork. Chill for 30 minutes in freezer.
3. Heat oven to 425°F. Using small strips of aluminum foil, carefully crimp over edge of crust (to prevent over-browning). Loosely tent a sheet of foil over entire crust. Bake for 10 minutes. Reduce oven temperature to 375°F and bake 10 minutes. Carefully remove tent and crimped foil on crust edge (edge will be very fragile). Return to oven and bake until golden

brown, about 1 minute more. Cool completely on a wire rack.

4. For the filling: Place ¾ cup of the cream, 2 tablespoons of the water, chocolate and cocoa powder in a medium saucepan. Cook over medium-low heat, whisking, until chocolate melts and mixture is smooth, 5 to 7 minutes. Remove from heat; set aside.
5. In a medium bowl, whisk egg yolks, ¼ cup cream, remaining 2 tablespoons water and the sugar substitute together until blended. Whisk chocolate mixture until smooth. Gradually whisk one-third of the chocolate mixture into the egg-yolk mixture; add to saucepan with remaining chocolate mixture and whisk to combine. Return to heat and cook over medium-low heat, stirring constantly for 3 minutes (DO NOT OVERCOOK). Remove from heat and cool to room temperature. Stir in rum and vanilla extracts.
6. In a medium bowl, with an electric mixer on medium, beat remaining 1/2 cup cream to soft peaks. Fold in chocolate mixture, folding just until blended and no streaks appear. Pour into prepared pie crust and smooth top. Chill until set, at least 4 hours. (The pie can be made prepare up to this point and chilled overnight.) Top with whipped cream and garnish with mint leaves (optional).

Nutrition Facts

Makes 16 servings

Amount per serving:

Calories	169
Net Carbs	4.2 g
Dietary Fiber	2 g
Total Fat	16 g
Protein	4 g