



Best Ever Healthy Pumpkin Pie

Yield: 9 servings. Recipe from ambitiouskitchen.com.

Ingredients

1 store bought pie crust

Pie filling

1 (15 ounce) can pumpkin puree

3 eggs

¼ cup pure maple syrup

¼ cup coconut sugar (or organic cane sugar)

¼ cup unsweetened almond milk (any milk will work)

1 teaspoon vanilla extract

1 ½ teaspoons cinnamon

½ teaspoon nutmeg

½ teaspoon ground ginger

½ teaspoon allspice

¼ teaspoon salt

whipped cream or non-dairy cream for garnish

Nutritional info per serving

Calories	229
Carbohydrates	28g
Protein	5g
Fat	12g
Fiber	3g
Sugar	13g

Directions:

1. Preheat oven to 350°F.
2. In a large bowl, add the pumpkin puree, eggs, pure maple syrup, coconut sugar (or regular sugar) almond milk, vanilla, cinnamon, nutmeg, ground ginger, allspice and salt. Mix until well combined and completely smooth. Pour into pie pan.
3. Bake for 50-60 minutes until filling is no longer jiggly. Check pie after every 20 minutes to make sure crust isn't burning. If it is getting a little too golden brown, simply cover pie edges with foil.
4. Allow pie to cool for at least an hour before serving. Pie should be kept in fridge once completely cool.
5. Top with whipped cream or non-dairy cream right before serving.

NOTE:

If you make this with coconut sugar, the pie filling will likely turn out a bit darker, but still work perfectly and be incredibly delicious.