

Silky Pumpkin Pie

This pumpkin pie takes just a few more steps to make, reducing the pumpkin and spices to magnify the flavors and straining the pumpkin for a smooth creamy texture. But the result is the best pumpkin pie you will every have.

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Ingredients

- 2 cups pumpkin (16oz)
- 1/4 tsp each nutmeg, cloves, salt, and ginger
- 1/2 tsp allspice
- 1 1/2 tsp cinnamon
- 2 eggs
- one can sweetened condensed milk
- 1 1/2 tsp vanilla

Instructions

1. Preheat oven to 400 degrees.
2. In medium bowl mix the condensed milk, eggs, and vanilla, set aside.
3. In a medium saucepan mix the pumpkin, nutmeg, cloves, salt, ginger, allspice, and cinnamon.
4. Bring the pumpkin mixture to a simmer over medium high heat (about 5 minutes) then reduce heat to simmer for an additional 10 minutes
this will reduce the pumpkin mixture and concentrate the flavor of the spices.
5. Allow the pumpkin mixture to cool for a few minutes and slowly whisk the milk mixture into the pumpkin.
6. Pour mixture through a fine-mesh strainer set over large bowl, use a spatula to press solids through strainer. Whisk mixture again and transfer to graham cracker crust.
7. Place on cookie sheet and bake for 10 minutes before lowering the temperature to 325 degrees
8. continue to cook on 325 degrees for 25-35 minutes until center is set.
9. Allow to cool several hours.



10.



Recipe by MyRD Nutritionist at <http://myrdn.com/grandma-pumpkin-pie/>