

# Pumpkin Pie

## INGREDIENTS

### FOR THE CRUST

3/4 c. [oat fiber](#)

1/2 c [baking blend](#)

1/2 c. unsalted butter, cut into 1/2" pieces

1/4 c. xes sweetener or [gentle sweet](#)

1/4 tsp. [mineral salt](#)

1 1/2 tsp. apple cider vinegar

1/2 c. ice water (more if needed)

### FOR THE FILLING

1 (15-oz.) can of pumpkin puree

1 1/4 c. heavy cream

2/3 c. xes sweetener or [gentle sweet](#)

1 tsp [black strap molasses](#)

3 large eggs, beaten

1 tsp. [glucomannan](#)

2 tsp. pumpkin pie spice

1/4 tsp. [mineral salt](#)

1 tsp. pure [vanilla extract](#)

[Whipped cream](#), for serving (optional)

## DIRECTIONS

1. Place oat fiber, baking blend, and butter into the freezer for 15 minutes before starting the crust process.
2. In a large food processor, pulse oat fiber, baking blend, Gentle Sweet, and salt until combined. Add butter and pulse until pea-sized and some slightly larger pieces form. With the machine running, add vinegar, then ice water into the feed tube, 1 tablespoon at a time, until the dough starts to come together and is moist but not wet and sticky (test by squeezing some with your fingers). The mixture will be crumbly.
3. Turn dough onto a lightly floured surface, form into a ball, and flatten into a disk (making sure there are no/minimal cracks).
4. Cover with plastic wrap and refrigerate until dough is very cold, at least 2 hours or up to overnight. (Allow me to come clean here...If you follow the refrigeration instructions in this part of the recipe it will result in a slightly flakier crust. This is because of the steam created from the cold dough in the hot oven. HOWEVER, if you are short on time, or just lazy like me, you can skip all the refrigeration steps and go straight to rolling out and baking. You still get a delicious crust!)
5. Preheat oven to 425° and lightly grease a 9"-x-1.5" pie dish with cooking spray.
6. On a lightly floured surface, roll out the dough into a 12" circle. I highly suggest rolling this out on parchment paper. That way you can turn it over onto the pie plate and peel off the paper. Drape over the pie dish and gently press to fit (don't stretch). Prick the bottom with a fork. Remove any excess pie dough. I decided to try a decorative pumpkin cut out with my excess crust. I just kept the pumpkins in the fridge while the crust was pre-baking, however, I think, having done it, it might have been a good idea to pre-bake them as well.

7. Bake for 10-12 minutes and remove from oven. Reduce heat to 350°.
8. Meanwhile, in a large bowl, whisk together pumpkin, cream, gentle sweet, molasses, beaten eggs, glucomannan, pumpkin pie spice, salt, and vanilla until smooth.
9. Pour pumpkin mixture into par-baked crust. Bake until the filling is slightly jiggly in the middle and the crust is golden, 55 to 60 minutes. Cool in a turned-off oven with the door propped open for 1 hour, then cool completely on a wire rack before slicing and serving.
10. Serve with [whipped cream](#), if desired.

I might have gotten a little anxious and cut the pie before it was cool, which explains the “swoop” to my tiny sliver of pie! It was yummy though!