



# Crustless Pumpkin Pie

## INGREDIENTS

- 2 eggs, lightly beaten
- 1 (15-oz) can 100% pure pumpkin (NOT pumpkin pie filling)
- 1 tsp vanilla extract
- 2 to 3 tsp pumpkin pie spice
- 1/4 tsp salt
- 1/2 cup brown sugar replacement (I use Lakanto golden or Swerve brown sugar)
- 1-1/4 cups unsweetened cashew milk (or unsweetened almond milk)

If you like it sweeter, add up to 1/4 cup more of sweetener

Fat-free Reddi Wip for topping (optional)

\*\*Recipe updated in 2021

## NUTRITION FACTS

Serves: 8

### Amount Per Serving

- Calories 40
- Total Fat 2 g
- Saturated Fat 0 g
- Cholesterol 47 mg
- Sodium 118 mg
- Carbohydrate 4 g
- Dietary Fiber 2 g
- Sugars 2 g
- Protein 3 g
- myWW Blue: 0
- myWW Purple: 0
- myWW Green: 1

## DIRECTIONS

1. Preheat oven to 400 degrees.
2. Spray an 8-inch pie dish with olive oil spray.
3. Combine all ingredients in a bowl.
4. Mix until well combined.
5. Pour into prepared pie dish.
6. Bake in a 400-degree oven for 15 minutes.
7. Turn oven down to 350 degrees and bake for an additional 50 to 60 minutes, or until toothpick or knife inserted in center of pie comes out clean.
8. Remove from oven and let cool for a couple of hours.
9. Cut into 8 slices.
10. Optional: (Not included in calories shown) - top each slice with up to 4 Tbsp (10 grams) fat-free Reddi Whip (0 points & 10 calories)

This recipe can be found at:

<https://planningushealthy.com/crustless-pumpkin-pie>

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