

Low-Carb Pumpkin Pie



Serves 8

Ingredients:

- 1 (15 oz) can pumpkin
- 2 eggs, beaten
- $\frac{2}{3}$ cup unsweetened almond milk
- $\frac{1}{3}$ cup whole fat coconut milk
- 1 cup sugar equivalent of zero-carb liquid sweetener
- 1 teaspoon dark molasses (optional)
- 2 teaspoons cinnamon
- 1 scant teaspoon nutmeg

- 1/4 teaspoon ground ginger
- Pinch of cloves
- 1/4 teaspoon salt
- Pecan Crust (recipe below)

Instructions:

1. Preheat oven to 425° F.
2. Combine ingredients in mixing bowl (or use food processor to blend).
3. Pour into prepared crust.
4. Put the pie in the oven and immediately turn the oven down to 375° F. In 15 minutes, turn the oven down to 300° F. (This cooks the crust, so it isn't soggy, but then allows the custard to bake more slowly.)
5. Bake until almost set in the middle, about 30 to 40 minutes. If it starts to crack a bit around the edges, it's probably done.

Pecan Crust

- 1 cup pecan pieces
- 2 tablespoons butter, melted
- 2 tablespoons sugar equivalent

Optional: 1 egg if crust is pre-baked

1. Chop pecans in food processor until the size of rice grains or split peas. Transfer to mixing bowl.
2. Add the butter and the sweetener (and egg if using) and combine.
3. Spread in 9-inch glass pie dish.

Optional: Pre-bake 5 minutes at 400° F.

Nutrition per serving: Calories 198; Total Fat 16.5 g; Saturated Fat 5.0 g; Monounsaturated Fat 7.1 g; Polyunsaturated Fat 3.3 g; Total Carbohydrates 11.5 g; Dietary Fiber 4.0 g; Sugar Alcohols 0.1 g; Sugars 5.2 g; Protein 4.0 g; Sodium 135 mg