

Healthier Pumpkin Pie

Who doesn't love pumpkin pie?? Actually, my husband does not, but I do! As always, I believe all foods (even sweets) can fit into a healthy regime- of course in moderation for some things. I reconstructed a pumpkin pie recipe to offer less sugars, less calories, more whole grains, and SAME AMOUNT OF YUM! Give it a try 😊

Ingredients:

| | |
|--------------|----------------------------------------------------------|
| 1, 9-in | Whole wheat pie crust (I use the Wholly Wholesome brand) |
| 1, 15 oz can | Pure pumpkin (can use 2 cups fresh pumpkin puree) |
| 1/2 cup | Unsweetened almond milk (any milk will work) |
| 3 medium | Eggs, beaten |
| 1/4 cup | Pure maple syrup |
| 2 tsp | Liquid stevia |
| 1/2 tsp | Salt |
| 2 tsp | Vanilla extract |
| 2 tsp | Cinnamon |
| 1 tsp | Nutmeg |
| 1 tsp | Ground ginger |
| 1 tsp | Allspice |

Directions:

1. Prepare your pie crust as directed on the package, and preheat oven to 350 degrees F
2. Prepare the filling. Mix all ingredients after the crust in a large bowl. Mix until smooth. Pour into prepared crust.
3. Bake for 50-60 minutes (or until pie filling is set). If the top begins to burn but the center is not yet set, cover loosely with aluminum foil to prevent further browning.
4. Remove from oven and let cool.
5. Serve warm or cold! Enjoy

Servings: 8 slices

Serving size: 1 slice (1/8th pie)

| Healthier Pumpkin Pie | | |
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| Nutrition Facts | | |
| Serving Size: 1 × 1/8th pie | | |
| Amount Per Serving | % Daily Value* | |
| Calories | 189.3 kcal | 9 % |
| Total Fat | 10.3 g | 16 % |
| Saturated Fat | 4.6 g | 23 % |
| Trans Fat | 0 g | |
| Cholesterol | 61.5 mg | 21 % |
| Sodium | 134.8 mg | 6 % |
| Total Carbohydrate | 21.2 g | 7 % |
| Dietary Fiber | 3.9 g | 15 % |
| Sugars | 9.3 g | |
| Protein | 4.7 g | 9 % |
| Vitamin A | 111 % • Vitamin C | 2 % |
| Calcium | 6 % • Iron | 7 % |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | | |
| Full info at cronometer.com </> | | |