

## Crustless Low-Carb Pumpkin Pie



**Serving size:** 1 serving, or 1/8<sup>th</sup> of the pie

**Yields:** 8 servings

**Prep time:** 5-10 minutes

**Cook time:** 40 minutes

**Total time:** 45-50 minutes

### Nutrition Facts

**Per serving:** 53 calories, 2.8 grams fat, 2.5 grams carbs, 3.9 grams protein

**Exchanges:** ½ fat serving + 0.5 oz meat + 1 limited free food

### **Ingredients:**

- 1 can (15 ounces) 100% pure pumpkin (not pumpkin pie mix)
- ½ unsweetened coconut milk or 2% milk
- 4 large eggs, beaten
- 2 teaspoons vanilla
- ¼ cup Splenda or 1 teaspoon liquid Stevia
- ½ teaspoon salt
- 2 teaspoons pumpkin pie spice

### **Preparation:**

1. Preheat your oven to 350 degrees.
2. Spray an 8" square glass baking dish with Pam, or zero-calorie pan spray.
3. In a large bowl, combine the pumpkin, eggs, milk, vanilla, sweetener and spices.
4. Spread the mixture evenly into the glass baking dish.
5. Bake for 40 minutes, or until a knife inserted into the center comes out clean.

Reference:

<http://livingwithbeth.com/crustless-low-carb-pumpkin-pie-recipe-just-try-make-last-day-house/>

**Combine the following spices to make your own pumpkin pie spice:**

- 3 Tbsp. ground cinnamon
- 2 tsp. ground ginger
- 2 tsp. nutmeg
- 1 ½ tsp. ground allspice
- 1 ½ tsp. ground cloves