

dietitian cassie's

Perfect Pumpkin Pie

Ingredients:

- 2 eggs
- 2 cups pureed fresh pumpkin or [1 can \(15 ounces\) pumpkin](#)
- 1/2 cup granulated sugar
- 2 Tbsp. [maple syrup](#)
- 1 tsp. cinnamon
- 1 1/2 tsp. pumpkin pie spice
- 1/2 tsp. salt
- 1 cup full-fat, [canned coconut milk](#)
- 1/4 cup [all purpose gluten-free flour](#)
- 1 splash of vanilla
- Heavy whipping cream (for topping)

Preparation:

- Preheat oven to 425 degrees F.
- Coat 9" pie pan with melted coconut oil or butter.
- In a large bowl, beat the eggs, then mix in all remaining ingredients.
- Pour the mixture into your pie pan.
- Bake 15 minutes to let it set.
- Reduce oven temperature to 350 degrees F, and continue to bake 40-45 minutes longer, or until a toothpick inserted in the center comes out clean.
- In a large bowl, beat 1 cup of heavy whipping cream with an electric whisk or beater until stiff peaks form.
- Top each slice with a couple tablespoons of fresh whipped cream, and sprinkle some cinnamon on top!

Notes: A slice of this pie is FC (fat and carbohydrate) balanced—perfect for dessert or a bedtime snack. Just don't have too large of a slice! Cassie cuts her pie into 8 slices, but serving size is up to you.



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