

Steven's Pumpkin Pie

Serves 16

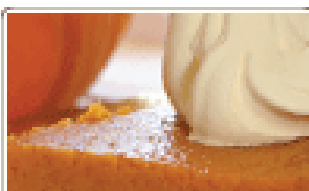


Ingredients

- 4 cups of pumpkin - cooked and pureed
- 1 cup of 1% milk
- 4 eggs
- 1 cup of brown sugar - organic
- ½ tsp of ginger
- 1 tsp of sea salt
- ½ tsp of cloves ground
- ¼ tsp of nutmeg
- 1 tsp of baking powder

Directions

- ☞ Preheat oven to 350°
- ☞ Grease a 13 x 9-inch baking dish (Coconut oil is a healthful choice.)
- ☞ Setting pumpkin aside, combine all other ingredients until mixed thoroughly. Then gradually blend with pureed pumpkin and pour into baking dish
- ☞ Bake approx. 45 minutes - 60 if Streusel Topping is not added. Let cool before serving
- Optional streusel topping to add a few extra calories when entertaining:
 - ☞ Mix together with a fork ½ cup of brown sugar, 3 tbsp of butter, 3 tbsp of flour and ¼ cup of oats.
 - ☞ Add to pumpkin pie 40 minutes after baking



Nutrients without streusel (approximately)

240 Calories per serving,
Fat 3.9g, Saturated Fat 1.6g, Cholesterol 143.1mg, Sodium 70.6mg,
Carbohydrates 46.7g, Fiber 1.8g, Sugars 39.5g, Protein 6.8g

Share this recipe with a friend!

Steven's Pumpkin Pie

Serves 16



Ingredients

- 4 cups of pumpkin - cooked and pureed
- 1 cup of 1% milk
- 4 eggs
- 1 cup of brown sugar - organic
- ½ tsp of ginger
- 1 tsp of sea salt
- ½ tsp of cloves ground
- ¼ tsp of nutmeg
- 1 tsp of baking powder

Directions

- ☞ Preheat oven to 350°
- ☞ Grease a 13 x 9-inch baking dish (Coconut oil is a healthful choice.)
- ☞ Setting pumpkin aside, combine all other ingredients until mixed thoroughly. Then gradually blend with pureed pumpkin and pour into baking dish
- ☞ Bake approx. 45 minutes - 60 if Streusel Topping is not added. Let cool before serving
- Optional streusel topping to add a few extra calories when entertaining:
 - ☞ Mix together with a fork ½ cup of brown sugar, 3 tbsp of butter, 3 tbsp of flour and ¼ cup of oats.
 - ☞ Add to pumpkin pie 40 minutes after baking



Nutrients without streusel (approximately)

240 Calories per serving,
Fat 3.9g, Saturated Fat 1.6g, Cholesterol 143.1mg, Sodium 70.6mg,
Carbohydrates 46.7g, Fiber 1.8g, Sugars 39.5g, Protein 6.8g