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DELICIOUS FAT BURNING
THANKS GIVING
RECIPES

PIES & DESSERTS





PIES & DESSERTS

CHOCOLATE PECAN PIE BARS



INGREDIENTS:

Caramel Sauce

- 3/4 cup Swerve Sweetener
- 1/4 cup xylitol
- 1/2 cup water
- 1/2 cup heavy cream
- 1 tbsp butter
- 2 tbsp vegetable glycerin
- 1/2 tsp vanilla extract
- 1/4 tsp xanthan gum

Crust

- 1 1/4 cups almond flour
- 1/4 cup butter, chilled and cut into small pieces
- 1/4 cup Swerve Sweetener
- 1/2 tsp xanthan gum
- 1/4 tsp salt
- 1/4 tsp liquid stevia extract
- 1 1/2 tsp poultry seasoning
- 1 tsp sage

Filling

- 2 eggs
- 2 tbsp melted butter
- 1 tbsp unsulphered molasses
- 1/2 tsp salt
- 2 oz 85 or 90% cacao chocolate, chopped
- 1 cup pecans, lightly toasted



INSTRUCTIONS:

For the caramel sauce, combine Swerve, xylitol and water in a large saucepan over medium heat. Stir until sweeteners dissolve and then allow to come to a boil. Boil until mixture darkens somewhat, about 9 to 11 minutes. Remove from heat and add cream and butter. Mixture may bubble vigorously. Stir in vegetable glycerin and vanilla extract and then quickly whisk in xanthan gum.

Let mixture cool to lukewarm, about 20 to 30 minutes. While caramel is cooling, prepare the crust. Pre-heat the oven to 350F. Combine almond flour, butter, erythritol, xanthan gum, salt and stevia in a food processor. Pulse until mixture resembles fine crumbs. Press mixture evenly into the bottom of an 8-inch square pan and bake 12 minutes. Remove and set aside. Reduce oven temperature to 325F.

Whisk eggs, melted butter, molasses and salt into cooled caramel sauce. Sprinkle crust with chopped chocolate and toasted pecans. Pour filling over and bake about 20 minutes, until set and slightly puffed.

16 Servings/ Per Serving: Each serving has 8 g of carbs and 2 g of fiber. Total NET CARBS = 6 g.

207 Calories; 19g Fat (82.4% calories from fat); 3g Protein; 8g Carbohydrate; 2g Dietary Fiber; 50mg Cholesterol; 163mg Sodium.



PIES & DESSERTS

CRANBERRY CHEESECAKE



INGREDIENTS:

Crust

8 oz whole almonds ground
1/4 cup swerve sweetener
1 egg
4 tbsp cold butter, diced
pinch of salt

Filling

2/3 cup swerve sweetener
1 tbsp fresh squeezed lemon juice
2X8oz each cream cheese, room temperature
2 eggs
1 egg white
1/2 cup heavy cream

Cranberry Sauce

4 oz fresh cranberries
1/4 cup fresh squeezed orange juice
1/4 cup swerve sweetener



INSTRUCTIONS:

Crust

In a food processor add the almonds and process few minutes until ground. Add the butter, sugar, egg and salt and pulse few times until it forms a ball. Take the dough out and gently press it on the bottom and about 1 inch on the sides of a greased 8 inch springform pan.

Chill for about 15 minutes. Turn the oven on and place a shallow dish with about 1 1/2 inch water in it on the bottom rack. Wait until the oven temperature reaches 350F. Now it's time to make the filling.

Filling

In a large mixing bowl add the cream cheese and swerve and mix until combined. Add the heavy cream, eggs and the egg white and stir until creamy. Pour into the chilled crust. Bake without taking the water dish out of the oven for about 55 minutes or until the edges slightly become golden and the middle is just slightly wiggly. Turn off the oven, crack the door just a little bit and leave the cheesecake to slowly cool for the next two hours without taking it out of the oven. When the two hours are over, run a butter knife between the cheesecake and the sides of the pan for easy release. While the cheesecake is cooling down you can make the cranberry sauce.

Cranberry Sauce

In a small saucepan add the cranberries, swerve and orange juice and cook, over low heat for few minutes until the cranberries have popped and they become mushy. Remove from the heat and cool slightly before spreading it on top of the cheesecake. You can make the cranberry sauce.

Remove the cheesecake from the pan and enjoy!
Enjoy!



PIES & DESSERTS

GOOD OL' FASHIONED APPLE PIE FILLING



INGREDIENTS:

- 3 cooking apples, sliced
- 1 tsp cinnamon
- 1/4 tsp grated nutmeg
- 1 tbsp butter, cut into small pieces



INSTRUCTIONS:

In a large bowl, combine apples, cinnamon and nutmeg. Toss until apples are evenly coated. Spoon into pie crust and dot top with butter pieces.

Bake 30 minutes at 350 degrees Fahrenheit until apples are tender when pierced with a knife. Cool slightly before serving. To punch up the recipe, top with some chopped pecans.

Fit Day Nutrition Break Down: According to the fine folks over at [FitDay.com](https://www.fitday.com), this recipe as listed contains:

Crust : 2463 Calories; 251 Fat ; 42 Carbohydrate; 45 Protein

Filling : 509 Calories; 1.3 Fat ; 135 Carbohydrate; 2.6 Protein

Total : 2972 Calories; 252.3 Fat ; 177 Carbohydrate; 47.6 Protein

Divided by 8 : 371 Calories; 31 Fat ; 22 Carbohydrate; 6 Protein



PIES & DESSERTS

GLUTEN FREE APPLE CAKE



INGREDIENTS:

Cake

- 1 cup gluten free flour or oat flour
- 4 scoops vanilla protein powder
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ cup erythritol (I use Swerve)
- 6 ounces unsweetened applesauce
- ½ cup plain Greek yogurt, 2%
- ½ cup unsweetened almond milk
- 2 eggs, beaten
- 1 teaspoon vanilla extract
- 1 teaspoon vanilla liquid stevia
- ½ teaspoon pumpkin pie spice or a mixture of cinnamon, nutmeg and cloves
- 1 cup chopped apple, without skin



INSTRUCTIONS:

Preheat oven to 350 degrees. Mix the first 6 dry ingredients together in a bowl. In another bowl whisk together the rest of the ingredients, except the chopped apple until combined well. Stir in the wet ingredients into the dry until incorporated. Pour the batter into a greased 9 inch spring form pan. Drop in the chopped apple into the batter. Bake in the middle of the oven for 35-40 minutes or until a toothpick in the center comes out clean. Enjoy with my Vanilla Cream Cheese Frosting.

Per Serving: Calories: 123; Fat: 2g; Saturated fat: 0.6g; Carbohydrates: 14.9g; Sugar: 3.5g; Sodium: 171mg; Fiber: 1.6g, Protein: 11.1g, Cholesterol: 36mg

NOTES: Weight Watchers Points Plus: 3*



PIES & DESSERTS

VANILLA CREAMCHEESE

FROSTING: NO SUGAR ADDED



INGREDIENTS:

- 1½ cups cream cheese, lite
- 1 teaspoon vanilla extract
- 1 teaspoon vanilla stevia liquid
- 3 tablespoons heavy cream

Spoon into a pastry bag or plastic bag with a snipped corner to decorate or simply spread onto cake or cupcakes with a butter knife. Keep refrigerated. Makes 1¾ cup.

28 Servings/ 1tbsp Per Serving: Calories: 31; Fat: 3g; Carbohydrates: 1g; Sugar: 0g; Sodium: 61mg; Fiber: 0g; Protein: 1g; Cholesterol: 9mg



INSTRUCTIONS:

Using a stand mixer, place cream cheese, vanilla and stevia and mix until incorporated. Add one tablespoon of heavy cream at a time until a smooth consistency appears.



PIES & DESSERTS

LOW SUGAR LOW CARB APPLE PIE



INGREDIENTS:

Filling

- 1 cup Hazelnut meal/flour (I use Bob's Red Mill)
- 2/3 cup Sugar Free or No Sugar Added Apple Pie Filling
- 2 tablespoons chilled Butter

Pie Crust

- 1 cup hazelnut flour
- 2 tablespoons chilled butter
- *optional 2-4 packets of artificial sugar (I recommend Stevia)



INSTRUCTIONS:

Pie Crust

Blend ingredients until dough clumps together. I used a food processor, but you could do this with your hands even. Separate the dough in half and press enough dough to cover the bottom and sides of ramekin. Put the other half of the dough in the fridge. Bake the ramekin with just the crust inside on 350 for about 10 minutes, or until crust is just browning, then remove from oven. (Directions are the same if your doubling the recipe as well)

Filling & Pie Crust Top

Take the other half of the dough from the fridge and use a rolling pin to roll it out to a size to cover the ramekin. You could also do lattice top if you want. For a small ramekin like I'm using, heat 2/3 cup (or preferred amount for larger pie) of apple pie filling in the microwave for 1 minute or so then spoon into the prebaked crusted ramekin. Cover your ramekin with the extra pie crust then press the sides to secure.

Pop it back in the oven for another 10 minutes or so or until crust is a bit brown and a bit hard to the touch. If you can stand the extra few carbs, slap some low sugar/ low carb ice cream on there! I love Breyer's Carb Smart ice cream which has only 4 carbs per serving. You're going to feel like your carb sinning, but this is a guilt free version at it's finest I assure you!



PIES & DESSERTS

OLD FASHIONED APPLE PIE



INGREDIENTS:

Crust

- 2 C almond flour
- 2 eggs
- 1/4 tsp. salt
- 3/4 tsp. xanthan gum
- 3 T non-hydrogenated palm shortening (or coconut oil)
- 1 T Swerve (or your choice of sweetener)

Filling

- 5 small or 3 large apples, peeled and cubed (I used Macintosh)
- 1/2 C Swerve (or your choice of sweetener)
- 1 tsp. ground cinnamon
- 1/8 tsp. nutmeg
- 1 tsp. vanilla
- 2 T butter, melted
- 1 T + 2 tsp. coconut flour, sifted

Egg Wash:

- 1 beaten egg



INSTRUCTIONS:

Preheat oven to 350 degrees. Prepare crust by placing all ingredients into a food processor or high powered blender. Process until a thick ball of dough forms.

Press half the dough down into a 9 inch pie pan (no need to grease it). Bring it up over the sides like you would a traditional pie crust. It will be bumpier than a traditional pie crust. Par-bake the bottom crust for 5-6 minutes in the pre-heated oven. Prepare the apple filling while you wait. Combine all filling ingredients in a large bowl and mix well until apples are completely coated. Remove bottom crust from the oven and spoon the apple filling into it, using the back of a spoon or spatula to flatten the apple surface as much as possible. Cover the top of the apples with the remaining crust in one of two ways:

First, roll the crust between two large sheets of parchment paper or plastic wrap until it is less than 1/4 inch thick and large enough to be placed over the pie. Alternately, simply press the upper crust down but adding small balls of dough to the top of the pie and then pushing them down together to create a thin, uniform crust over the top. Pinch together the top crust with the bottom crust. Brush beaten egg over the top of the crust, being sure not to miss any spots. Cut a few small holes in the center of the crust to release steam. Bake the pie on the middle rack for 30-40 minutes or until the crust is deep golden brown.

Nutrition (1/8th of pie): 290 calories, 16 g carbs, 5 g fiber (11 g net carbs), 23 g fat, 8 g protein



PIES & DESSERTS

LOW CARB PUMPKIN CHEESECAKE



INGREDIENTS:

- 1 pound cream cheese
- 1 cup water
- 1/4 cup heavy cream
- Sweetener equivalent to 3/4 cup sugar
- 1/2 cup pumpkin puree
- pumpkin pie spice, to taste
- pinch salt
- 1 package Wise Choice Easy Cheesecake Mix

Judging by the number of recipes showing up everywhere, we're not the only ones to discover that pumpkin cheesecake tastes even better than traditional pumpkin pie.



INSTRUCTIONS:

Preheat oven to 500°F. Grease one 8-9" or two 6" pie or cake pans. Mix room temperature cream cheese with water until smooth. Add heavy cream, sweetener, pumpkin puree, and flavorings. Stir in contents of pouch until dissolved. Immediately pour into baking pan and place in oven. Reduce heat to 250°F. Bake 30-40 minutes until set. Cool 30 minutes in oven with door open. Then cool another 30 minutes on counter before refrigerating. Store in refrigerator, covered.

Nutrition Per Serving: calculated by Mastercook made with canned pumpkin, without the spices): 250 calories; 23g fat; 7g carb (of which 4g is fiber); 6g protein. *based on no-calorie sweetener



PIES & DESSERTS

PRALINE PUMPKIN PIE

LOW CARB



INGREDIENTS:

Praline Crust

- 2 tablespoons hot melted butter
- 1/2 cup finely chopped pecans
- 1/2 cup sugar substitute (recommended: Splenda)
- 1/8 teaspoon salt
- 1/8 teaspoon ground cinnamon

Pie Filling

- 1 (15-ounce) can no sugar added pumpkin filling
- 3/4 cup sugar substitute (recommended: Splenda)
- 1 tablespoon plus a dash pumpkin pie spice
- 1 1/4 cups heavy cream
- 4 eggs
- Low Carb Whipped Cream, recipe follow

Bake for about 5 minutes, or until browned. Remove piecrust from oven. Preheat oven to 425 degrees F. Make the filling: Place all filling ingredients in a medium bowl and mix well with a wire whisk. Pour filling into prebaked piecrust. Bake for 15 minutes and then reduce the oven temperature to 350 degrees F. Continue to bake for an additional 50 to 55 minutes.

To test for doneness, stick a toothpick in the center; if it comes out clean, the pie is done. Cool and then chill before serving. To serve, top each slice with a dollop of low carb whipped cream. With an electric mixer on high, whip the heavy cream just until frothy. Then add in the sugar substitute and vanilla extract and continue to whip on high until peaks form. Be careful not to over- whip, or cream will break. Transfer to a pastry bag or just spoon onto pie.



INSTRUCTIONS:

Preheat oven to 350 degrees F. Make the crust: Mix all crust ingredients together in a small bowl. While mixture is still warm from the butter, press it evenly into the bottom of a deep-dish pie pan.



PIES & DESSERTS

HEALTHY PUMPKIN PIE

CUSTARD: GLUTEN FREE & LOW CARB



INGREDIENTS:

1 can (15 ounce) pure pumpkin
½ cup milk (I used 1%)
4 beaten eggs
½ teaspoon salt
2 teaspoons vanilla extract
2 teaspoons pumpkin spice
1 teaspoon vanilla liquid stevia
Optional toppings: Dairy Free Whipped Cream,
Sprinkle of nutmeg



INSTRUCTIONS:

Preheat oven to 350 degrees. Spray 6 ramekin or custard cups with nonstick cooking spray. In a large bowl mix together pumpkin, milk, eggs, spices and stevia. Pour evenly into ramekins. Bake for 40 minutes or until a knife comes out clean. Best served cold. Top with dairy free whipped cream! Sprinkle with more nutmeg

6 Serving/ Per Serving: Calories: 76; Fat: 3g; Carbohydrates: 7g; Sugar: 3g; Sodium: 56mg; Fiber: 2g; Protein: 5g; Cholesterol: 125mg



PIES & DESSERTS

MAGICAL PALEO PUMPKIN CRUMBLE BARS



INGREDIENTS:

Magical Paleo Pumpkin Crumble Bars:

1/3 cup coconut flour, sifed, where to buy this

2 tsp pumpkin pie spice.

1 tsp cinnamon.

1/8 tsp sea salt.

2 eggs, beaten

1/3 cup organic pumpkin puree (make sure pumpkin is the only ingredient). Sweetener of choice: 1/3 cup organic maple syrup (for paleo and vegetarian), or for low carb version use 1/3 cup low carb maple syrup + 25 drops liquid stevia (I used Nature's Hollow Maple Syrup), or could use 1/2 cup erythritol + 1/3 cup water.

3 1/2 tbsp unsweetened almond milk, or coconut milk.

2 tbsp coconut oil or dairy butter, melted.

1 tsp gluten free, organic vanilla extract.

1/2 tsp baking soda + 1 tsp apple cider vinegar, mixed in a separate pinch bowl (will be very fizzy).

Crumble Topping

1/3 cup almond or pecan meal (grind up raw almonds or pecans in a magic bullet or coffee grinder until course, grained meal forms) or can purchase at Trader Joes.

3 tbsp unsweetened organic coconut flakes.

1 tbsp coconut sugar for paleo, or for low carb use a low carb granulated sweetener (I used 1 tbsp erythritol).

1/4 tsp cinnamon.

2 1/2 tbsp coconut oil or dairy butter, melted.



INSTRUCTIONS:

Preheat oven at 350 F, and grease or oil an 8x8 pan.

In a large mixing bowl combine: 1/3 cup sifed coconut flour, 2 tsp pumpkin pie spice, 1 tsp cinnamon, and 1/8 tsp sea salt. Mix together thoroughly. Set aside. In a different large mixing bowl combine: 2 eggs, 3 1/2 tbsp almond or coconut milk, 1/3 cup pumpkin puree, 2 tbsp melted coconut oil or butter, 1/3 cup maple syrup or sweetener of choice, and 1 tsp vanilla extract. Mix together until combined. Add the baking soda - vinegar mixture to the egg mixture. Mix together thoroughly. Add coconut flour mixture to the egg mixture and stir until combined. Pour and spread batter into greased 8x8 pan, and set aside. In a medium mixing bowl combine all the crumble topping ingredients, use a fork to mix topping until a paste forms. Take the crumble topping and scatter chunks of crumble topping all over the top of the pumpkin batter in the pan, *seen in photo above*. Bake at 350 F for 28 to 30 minutes or until top is browned, and toothpick comes out of center clean. Cool completely, then cover and refrigerate for one hour or longer (this sets the pumpkin layer). Cut into 9 medium size bars and serve.

Nutritional Data For Low Carb Version: Serving: 1 medium size bar, Cal: 132, Fat: 9.8 g, Carbs: 5.3/ Net Carbs: 2.7 g, Fiber: 2.6 g, Protein: 3 g, Sugar: 1 g

Nutritional Data For Paleo Version: Serving: 1 medium size bar out of 9, Cal: 163, Fat: 9.8 g, Carbs: 12 g/ Net Carbs: 9.4 g, Fiber: 2.6 g, Protein: 3 g, Sugar: 8 g



PIES & DESSERTS

PUMPKIN CHEESE PIE



INGREDIENTS:

Crust

- 1/2 cup ground pecans (125 mL)
- 2 tbsp SPLENDA® Granular (25 mL)
- 1 tbsp oat, OR spelt flour (15 mL)
- 2 tbsp butter, melted (25 mL)
- 1 egg yolk

Cream Cheese Layer

- 8 oz light cream cheese, softened (250 g)
- 1/3 cup SPLENDA® Granular (75 mL)
- 1 egg
- 1 tsp vanilla extract (5 mL)

Pumpkin Layer

- 1 cup canned pumpkin (250 mL)
- 2 eggs
- 3/4 cup SPLENDA® Granular (175 mL)
- 1 tsp cinnamon (5 mL)
- 1/2 tsp ginger (2 mL)
- 1/4 tsp nutmeg, (optional) (1 mL)
- 1/2 cup half-and-half cream (125 mL)
- 1/2 cup whipping cream (125 mL)



INSTRUCTIONS:

Crust

In medium bowl, combine pecans, SPLENDA® Granular and oat or spelt flour. Stir in butter and egg yolk.

Spread in 9-inch (23 cm) pie plate. Cover with plastic wrap and press crust out evenly; remove plastic wrap. Bake in 350°F (180°C) oven 10 minutes

Cream Cheese Layer

In food processor with sharp blade, blender or in bowl with electric mixer, process cream cheese, SPLENDA® Granular, egg and vanilla extract until smooth. Pour over crust evenly.

Pumpkin Layer

In medium bowl, combine pumpkin, eggs, SPLENDA® Granular, cinnamon, ginger and nutmeg. Beat well with wire whisk. Whisk in half-and-half cream and whipping cream. Pour over Cream Cheese Layer. Bake in 350°F (180°C) oven 40 minutes or until cake tester inserted in center comes out clean. Garnish with whipped cream and additional pecan halves, if desired.

Graham Cracker-Like Crust

- 1 cup Low-Carb Bake Mix
- 1 cup ground almonds
- 1/2 cup butter, melted
- 1 Splenda packets

10 Servings/Per Serving: 183.5 calories; 5.4 g protein; 14.9 g fat; 7.0 g carbs



PIES & DESSERTS

PUMPKIN FLAN

LOW CARB AND GLUTEN-FREE



INGREDIENTS:

Caramel Sauce

- 1/4 cup xylitol
- 1/4 cup Swerve Sweetener
- 2 tbsp water
- 1 tsp molasses

Flan

- 1 cup pumpkin puree
- 4 large eggs
- 1 recipe Low Carb Sweetened Condensed Milk
- 1 cup heavy cream
- 1/4 cup Swerve Sweetener
- 1 1/2 tsp cinnamon
- 1 tsp vanilla
- 1/4 tsp stevia extract



INSTRUCTIONS:

Butter small 8 ramekins (3 to 4 inches in diameter) and preheat oven to 325F. For the caramel sauce, combine xylitol,

Swerve, water and molasses in a small saucepan over medium heat. Bring to a boil and cook 1 minute. Set aside.

For the flan, combine pumpkin, eggs, sweetened condensed milk, cream, sweetener, cinnamon, vanilla and stevia in a medium bowl. Whisk until well combined and smooth. Divide caramel sauce between prepared ramekins. Divide flan mixture between prepared ramekins. Bake 40 to 50 minutes, or until flan is just set in center.

Remove and let cool. To serve, run a sharp knife around the edges of the flan to loosen and flip out onto plate. Un-served flans can be wrapped tightly in plastic wrap and kept in the refrigerator.

8 Servings/ Per Serving: Each serving has 6 g of carbs and 1 g of fiber. Total NET CARBS = 5 g. 237 Calories; 23g Fat (85.7% calories from fat); 3g Protein; 6g Carbohydrate; 1g Dietary Fiber; 86mg Cholesterol; 39mg Sodium.



PIES & DESSERTS

PUMPKIN SPICE CAKE

WITH BROWN BUTTER FROSTING – LOW CARB & GLUTEN-FREE



INGREDIENTS:

Cake

- 1 1/2 cups pumpkin puree
- 2 cups almond flour
- 1/3 cup coconut flour
- 1/3 cup unflavored whey protein powder
- 1 tbsp baking powder
- 2 tsp cinnamon
- 1 tsp ginger
- 1/2 tsp cloves
- 1/4 cup butter
- 1/2 cup Swerve sweetener or other erythritol
- 3 large eggs
- 1 tsp vanilla extract
- 1/2 tsp stevia extract
- 1/4 cup almond milk

Glaze

- 1/2 cup butter
- 2 cups powdered Swerve Sweetener or other powdered erythritol, sifted
- 1/4 cup cream, room temperature

INSTRUCTIONS:

For the cake, lay down two layers of paper towel on a plate and spread out pumpkin puree.

Top with another two layers of paper towel to sop up as much moisture as possible. Let dry for 20 minutes. Preheat oven to 325F and grease two 8-inch round cake pans. Line bottoms of pans with parchment and grease the parchment. In a medium bowl, whisk together the almond flour, coconut flour, whey protein, baking powder and spices. In a large bowl, beat butter, erythritol and pumpkin puree together until smooth. Beat in eggs, vanilla extract, and stevia extract.

Beat in almond flour mixture in two additions, alternating with almond milk (your batter should be thick, but if it's really stiff and hard to beat, add another tablespoon or so of almond milk). Divide batter evenly between prepared pans and smooth the top. Bake 40 minutes or until edges are browned and a tester inserted in the center comes out clean. Let cool in pan 20 minutes, then flip out onto wire racks to cool completely. For the glaze, melt butter in a saucepan over medium heat until it browns and becomes fragrant. In a medium bowl, place powdered erythritol and slowly pour in browned butter, beating to combine. Add cream and beat until smooth and a spreadable consistency has been achieved. To assemble, place on layer of cake on a serving plate and spread with about half of the frosting. Add the second layer of cake and spread the top with half of the frosting.

12 Servings/ Per Serving: Each serving has 12 g of carbs and 5 g of fiber. Total NET CARBS = 7 g. 296 Calories; 25g Fat (73.2% calories from fat); 9g Protein; 12g Carbohydrate; 5g Dietary Fiber; 97mg Cholesterol; 286mg Sodium.



PIES & DESSERTS

SUGAR FREE GLUTEN FREE LOW-CARB PUMPKIN PIE



INGREDIENTS:

9-inch Almond Pie Crust
2 large eggs
1 and 1/2 cups half and half (OR use 3/4 cup cream plus 3/4 cup low-carb milk, coconut or almond milk, or my "Milk" recipe from Nourished)
1 tsp vanilla extract
15 oz (1 can) canned pumpkin or about 2 cups pumpkin puree
1/4 tsp plus 9 drops EZ-Sweetz* OR sugar substitute equal to 1/2 cup plus 3 tbsp sugar
2 tbsp brown sugar replacement, such as LC-Foods Brown, Just Like Sugar Brown, Diabetisweet Brown or use sugar-free pancake syrup
1/4 tsp salt
1 tsp ground cinnamon
3/4 tsp ground ginger
1/8 tsp ground cloves

The biggest problem with custard-based pies is the soggy bottom crust. Pre-baking the crust and partially cooking the filling before putting it in the shell is the secret to this rich, creamy pumpkin pie.



INSTRUCTIONS:

Prepare pie crust, cover edges with a shield or foil, and bake until firm and just starting to brown. Reserve. Preheat oven to 400 degrees F. Place a baking sheet on lowest oven rack. Whisk eggs, half and half, and vanilla together in a medium bowl and set aside. Combine pumpkin puree, sugar substitutes, salt, and spices in a large, heavy saucepan. Set over medium heat, stirring occasionally, until it starts to simmer, which will take about 5 minutes. (Mixture will splutter and spit, so use a deep pan or a splatter shield.) Continue to stir and simmer for 10 minutes or until thickened. Remove pan from heat and whisk in egg mixture until smooth. Press out any lumps or strain if necessary. Pour filling into warm pre-baked pie shell (reheated for a few minutes if cool). Use pie crust shields or foil to protect edges from over-browning. Set pie on pre-heated baking sheet in 400 degree F oven. Bake for 10 minutes. Reduce heat to 300 degrees F and continue to bake until edges of filling are set but it is still wobbly in the center, about 20 to 35 minutes longer. An instant-read thermometer inserted near the center should register 175 degrees F. Set pie on rack and let cool for 2 to 3 hours until room temperature. Refrigerate pie when cool. Garnish with sugar-free whipped cream.

8 Serving/Per serving, filling and crust: Net carbohydrate: 6.8g; Protein: 7.3g; Fat: 18.3g; Calories: 225