

# Diabetes-Friendly Pumpkin Pie

Approximately per slice, crustless – 8 servings

## Ingredients:

Crust:

- 1 cup almond flour
- 2 tbsp coconut flour
- 2 tbsp butter or coconut oil, melted
- 1 tsp vanilla extract
- 1-2 tbsp granulated sugar substitute
- pinch of salt

Filling:

- 1 can pure pumpkin puree
- 2 large eggs
- ½ cup egg whites
- ½ cup unsweetened almond milk
- ½ cup sugar substitute
- ½ tsp ground cinnamon
- ½ tsp ground cloves
- ¼ tsp nutmeg
- pinch of salt

## Process:

- Preheat oven to 350 F
- Prepare crust
  - Mix almond flour, coconut flour, butter, vanilla, sweetener, salt
  - Press into 9-inch pie pan.
  - Bake for 8-9 minutes until lightly golden. Cool slightly.
- Make filling
  - In a bowl, whisk pumpkin, eggs, egg whites, milk, sweetener, vanilla and spices until smooth.
- Assemble and bake
  - Pour filling into the crust (directly into a greased pie pan if crustless).
  - Bake 45-55 minutes, until center is mostly set (a little jiggle in the middle is okay).
- Cool and chill
  - Let cool completely, then refrigerate for at least 3-4 hours or overnight is best.

## Nutritional information per serving:

Calories: 90

Carbohydrates: 9g

Net Carbs: 6g

Fiber: 3g

Protein: 5g

Fat: 4g



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