

Mini-Pumpkin Pie

If you are like me, you like all things autumn. And that means pumpkin pie. I don't just want it on Thanksgiving – I want it all the time. But I want to keep it macro friendly and healthier than the usual fare.



PREP TIME

10 mins

COOK TIME

20 mins

TOTAL TIME

30 mins



COURSE

Dessert



SERVINGS

1 serving

CALORIES

162 kcal

INGREDIENTS

- 1 Keebler Mini Graham Cracker Pie Crust
- 2 oz Mori Nu Extra Firm Silken Tofu blended smooth
- 1/4 c pumpkin canned
- 1/4 tsp Cornstarch
- 6 packets/drops Stevia
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon
- 1/4 tsp ginger powdered
- 2 dashes cloves powdered

INSTRUCTIONS

1. Preheat oven to 400°F/204°C
2. In a small bowl, mix all of the ingredients (except the crust) together until well mixed.
3. Scrape into the pie crust with a small rubber spatula. It will be very full, but it's thick enough to smooth it out with the spatula—it won't spill.
4. Cook for 20 minutes.

5. Let it chill to set for at least 2 hours before serving.

NUTRITION

Nutrition Facts

Mini-Pumpkin Pie

Amount Per Serving

Calories	162	Calories from Fat	54
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		% Daily Value*	
Fat	6g	9%	
Carbohydrates	20g	7%	
Protein	6g	12%	

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!