

Healthier Pumpkin Pie

Who doesn't love pumpkin pie?? Actually, my husband does not, but I do! As always, I believe all foods (even sweets) can fit into a healthy regime- of course in moderation for some things. I reconstructed a pumpkin pie recipe to offer less sugars, less calories, more whole grains, and SAME AMOUNT OF YUM! Give it a try 😊

Ingredients:

1, 9-in	Whole wheat pie crust (I use the Wholly Wholesome brand)
1, 15 oz can	Pure pumpkin (can use 2 cups fresh pumpkin puree)
1/2 cup	Unsweetened almond milk (any milk will work)
3 medium	Eggs, beaten
1/4 cup	Pure maple syrup
2 tsp	Liquid stevia
1/2 tsp	Salt
2 tsp	Vanilla extract
2 tsp	Cinnamon
1 tsp	Nutmeg
1 tsp	Ground ginger
1 tsp	Allspice

Directions:

1. Prepare your pie crust as directed on the package, and preheat oven to 350 degrees F
2. Prepare the filling. Mix all ingredients after the crust in a large bowl. Mix until smooth. Pour into prepared crust.
3. Bake for 50-60 minutes (or until pie filling is set). If the top begins to burn but the center is not yet set, cover loosely with aluminum foil to prevent further browning.
4. Remove from oven and let cool.
5. Serve warm or cold! Enjoy

Servings: 8 slices
 Serving size: 1 slice (1/8th pie)

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Nutrition Facts		
Serving Size: 1 × 1/8th pie		
Amount Per Serving		% Daily Value*
Calories	189.3 kcal	9 %
Total Fat	10.3 g	16 %
Saturated Fat	4.6 g	23 %
Trans Fat	0 g	
Cholesterol	61.5 mg	21 %
Sodium	134.8 mg	6 %
Total Carbohydrate	21.2 g	7 %
Dietary Fiber	3.9 g	15 %
Sugars	9.3 g	
Protein	4.7 g	9 %
Vitamin A	111 % • Vitamin C	2 %
Calcium	6 % • Iron	7 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at cronometer.com		</>

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