

# KETO PUMPKIN PIE

Homemade low carb crust with your favorite pumpkin filling. Perfect for Thanksgiving!

## Ingredients:

### Crust Ingredients:

- 3/4 cup coconut flour
- 1/4 teaspoon salt
- 2 tablespoon sugar free powdered sugar
- 2 large eggs
- 1/3 cup coconut oil melted

### Filling Ingredients:

- 15 oz pumpkin puree unsweetened
- 1 1/4 cups milk of choice I used unsweetened almond milk
- 3/4 cup maple syrup
- 1 teaspoon cinnamon
- 1 tablespoon arrowroot powder



## Notes :

Enjoyed best when shared.



# Keto Pumpkin Pie

## Procedure:

### For the pie crust

1. Grease a 9-inch pie pan with oil and set aside.
2. In a high speed blender or food processor, add all your ingredients and blend until combined and a crumbly dough remains.
3. Using your hands, form a ball of dough and gently knead it until smooth. Using a rolling pin, roll out the dough until it is around half an inch thick. Transfer the dough onto the greased pie pan and gently press into place. If the dough starts to crumble, gently press it around the pie pan. Decorate the sides with a fork. Refrigerate.

### For the pumpkin pie filling

1. Place your pumpkin puree, milk, syrup, cinnamon and arrowroot powder in a small saucepan, and stir well, until combined. Turn the heat up to medium, and stir continuously, until it thickens and begins to simmer.
2. Remove from the heat and transfer the filling into a large mixing bowl. Let cool for 2 minutes, before using a stick blender to blend well, until smooth and creamy. Let cool for 5 minutes.

### Assembling and baking the pie

1. Preheat the oven to 180C/350F.
2. Transfer the pumpkin pie filling into the pie crust. Bake the pumpkin pie for 35-40 minutes, until the crust is golden.
3. Remove the pie from the oven and let cool at room temperature completely. Once cool, refrigerate for the filling to firm up.

### Notes :

Enjoyed best when shared.



# Keto Pumpkin Pie

## Notes

TO STORE: Pumpkin pie should always be stored in the refrigerator, completely covered. It will keep well for up to 2 weeks

TO FREEZE: You can either freeze the pie as a whole pie or in individual slices. Keep it in a freezer friendly container and store it in the freezer for up to 6 months. Thaw at room temperature, or in the refrigerator overnight.

## Notes :

Enjoyed best when shared.

