



Skinny Pumpkin Pie

Ingredients:

Filling:

- 1 can pumpkin puree (15oz)
- 1 can coconut milk (13.5oz)
- ¼ cup rolled oat
- 2 tbsp ground flax
- ⅓ cup sugar
- 2 tbsp stevia or Splenda
- 2 tsp cinnamon
- 1 tsp pumpkin pie spice
- ½ tsp salt

Crust:

- 1 ½ cup flour
- 1 tsp salt
- ⅓ cup Stevia or Splenda
- ½ cup (80g) canola oil
- 2-4 tbsp water

Directions:

- Preheat oven to 400 degrees
- Blend ingredients together for pie crust
- Bake the pie crust for 20 minutes
- Pull out of oven
- Mix and blend all filling ingredients
- Add to prepared pie crust
- Bake for 30 minutes

Nutrition:

*makes 8 slices

Cals: 235

Fat: 9g

Carb: 25g

Pro: 4g