



## **Pumpkin Protein Pie**

### **Crust Ingredients:**

- 3/8 cup coconut flour
- 1/2 cup rolled oats (gluten-free or regular)
- 1/2 cup liquid egg whites
- 1/4 cup vanilla pea protein powder
- 3/4 cup milk (I use carton coconut, but cow or almond would work)
- 1 tbsp organic, grass-fed butter
- 1 tbsp vanilla essence
- 1/2 tbsp toffee sweetener drops (or Stevia or your sweetener of choice)

### **Pie Filling:**

- 1/2 cup liquid egg white
- 1 can (452 g) pumpkin puree
- 1/4 cup vanilla whey protein powder
- 1 tbsp toffee sweetener drops (or Stevia)
- 1/2 tbsp mixed spice
- 1/2 tbsp ground cinnamon

### **Directions for crust:**

1. Mix all ingredients until dough is formed.
2. Using your fingers, press dough into a medium-sized pie tin.
3. Bake dough for 25 minutes at 375 degrees F (190 C) or until nicely browned.
4. Remove from oven.

### **Directions for filling:**

1. Blend all ingredients.
2. Pour mixture into already-cooked pie crust.
3. Bake for 15-20 minutes at 340 degrees F (170 C) or until a knife comes out clean.
4. Remove from oven and let cool.
5. Dig in!

### **Nutrition Facts:**

Per slice, recipe makes 8 slices  
Calories: 147.2  
Fat: 4.9 g  
Carbs: 10 g  
Protein: 12.3 g

**Notes:** If you want a taller pie, you can double the amount of filling and crust. You can also try making this recipe in little pie tins, or making pies inside silicone muffin tins. Also, try making the recipe without crust.

Courtesy of Anna Sward of [Proteinpow.com](http://Proteinpow.com)