



Courtesy of Anna Sward @ Proteinpow.com

## **Protein Pumpkin Pie**

### **Ingredients for the Base**

- 1/2 cup of ground almonds
- 2 1/2 tbsp sesame seed, peanut, or almond butter
- 2 tbsp agave syrup or regular honey (helps bind the almonds with the seed or nut butter)

### **Ingredients for the Filling:**

- 1/2 can (200 g) of pumpkin puree
- 3/4 cup liquid egg whites
- 1/4 cup vanilla whey protein powder
- 1 tsp toffee flavoring (optional, but nice for extra sweetness)
- 1 tsp cinnamon (optional, but nice for extra spice)

### **Directions:**

1. Make the base by blending the base ingredients until you get compact dough. Press the dough down into the bottom and along the sides of a pie mold. Remember to use a mold with a removable bottom that allows you to unmold your pie easily.
2. Bake the crust at 360 F (180 C) for 10-15 minutes, and then remove it from the oven. This step is optional, but it ensures your base cooks a bit longer than the pie so it's nice and crusty.
3. Make your filling by blending the filling ingredients together using an immersion blender, regular blender, or food processor. Pour this onto the base.
4. Bake at 320 F (160 C) for 45-50 minutes, or until the filling has cooked through. Be careful not to overbake it. To ensure a creamy center, remove your pie as soon as it's cooked through—you'll know when an inserted knife comes out clean.
5. Let the pie cool before slicing and ... that's it! Eat with abandon!

**Nutrition Facts:**

Serving Size: 1 slice  
(Recipe yields 6)

Calories: 162

Total Fat: 9 g

Total Carbs: 11 g

Protein: 10 g

Fiber: 3 g

**Note:**

If you want to make your pumpkin pies without crust—thereby removing most of the carbs and the fat—just bake the filling inside of silicone muffin molds for 35-40 minutes at 338 F (170 C). Let the muffins cool before uncasing them, and voila: crust-free mini pumpkin protein pies!