



Protein Pumpkin Pie

Ingredients

Whole eggs 2

Egg whites 4

Fat-free cream cheese, softened 8 oz.

100% canned pumpkin 15 oz.

Splenda 1/3 cup

Cinnamon 1 tsp

Nutmeg 1 tsp

Baking powder 1/8 tsp

Vanilla protein powder 1 scoop

Directions

1. Preheat oven to 400 F.

2. Beat cream cheese and canned pumpkin in a mixing bowl.

3. Blend in remainder of ingredients.

4. Pour batter into a lightly greased aluminum pie plate.

5. Bake for 40-45 minutes or until top starts to slowly crack. Stick the middle with a toothpick to test doneness.

6. Let the pie sit on the countertop for 1-2 hours. Chill overnight for 8-12 hours and enjoy!

Nutrition facts

Serving size: 1/2 pie

Recipe yields 2 servings

Calories 338

Fat 7.5 g

Carbs 30 g

Protein 37.5 g