

Pumpkin Pie

Recipe

Ingredients

Filling

- 1 ½ cups Pumpkin puree (not canned pie filling)
- 8 ounces Extra firm tofu
- ½-¾ cup Honey
- 1 Tablespoon Pumpkin pie spice
- ½ teaspoon Salt

Crust

- 2 cups Flour
- 1 teaspoon Salt
- ⅔ cup Canola oil
- ½ cup Water, ice cold



Directions

1. Combine all filling ingredients in blender and puree until smooth.
2. Mix flour and salt together in bowl.
3. Add oil and water to dry ingredients and stir with fork until dough is formed.
4. Place pie dough between two pieces of saran wrap and roll out into circle the size of pie plate (if turned upside down).
5. Remove saran wrap and place dough into pie plate. Press dough into pie plate and fold top edge over. Pinch along edge with fingers to create finish, remove excess dough with scissors or knife.
6. Pour pie filling into plate
7. Cover pie crust only with tin foil. Bake at 350 deg F for 1 hour.

Nutrition Facts

Makes 8 Servings, per serving: 148 Calories, 11 g fat, 0 mg cholesterol, 295 mg sodium, 33 g carbohydrates, 5 g fiber, 17 g sugar, 5 g protein

*Count as: 1 fat, 2 carbs, 1 protein

*Optional: Enjoy this as a baked custard, without the crust, for a lower carb count.

Compared to traditional pumpkin pie you save 7 g carbohydrates, and 8 grams of sugar! Also, you get more bang for your buck with nutrient dense foods! Tofu provides heart healthy soy protein that can help reduce risk of heart disease. Pumpkin is the vegetable that is highest in Vitamin A, which is good for your eyes, skin, and cancer prevention.