

Crustless Pumpkin Pie with Whipped Cream

From my friend Linda T, think it came from Weight Watchers



Servings: 8

1. Preheat oven to 375°F. Coat a 9-inch pie plate with cooking spray.
2. In a large bowl whisk the eggs until well belnded. Add in almond milk (or regular milk), monk fruit sweetener, pumpkin pie spice, vanilla, ginger, salt and pumpkin. Pour mixture into the prepared pie plate. Bake until a thin knife inserted in the center comes out clean, about 45-50 minutes. Let cool to room temperature. Cut into 8 wedges and serve each with whipped cream.

2 eggs

1 cup milk, or unsweetened vanilla almond milk

1/2 cup monkfruit sweetener

2 teaspoons pumpkin pie spice

1 teaspoon vanilla extract

3/4 teaspoon ground ginger

1/4 teaspoon salt

15 ounces pumpkin puree, Libby's preferred

Whipped cream for garnish

Per Serving (excluding unknown items): 58 Calories; 2g Fat (36.2% calories from fat); 3g Protein; 6g Carbohydrate; 2g Dietary Fiber; 50mg Cholesterol; 106mg Sodium; 3g Total Sugars; trace Vitamin D; 58mg Calcium; 1mg Iron; 173mg Potassium; 70mg Phosphorus.
Exchanges: .

Carolyn T's Blog: tastingspoons.com