



KETO CRUSTLESS PUMPKIN PIE

All the pumpkin-spice goodness without the carbs or sugar!

INGREDIENTS

- 1 (15 oz) can pure pumpkin puree
- 2 large eggs
- 1/2 cup 1:1 monkfruit sweetener
- 1/4 teaspoon salt
- 1 Tablespoon pumpkin spice
- 1 teaspoon ground cinnamon
- 1 cup whole milk or heavy cream
- truwhip keto whipped topping

PREP TIME

- Prep | 5 m
- Cook | 30-40 min
- Ready in | 1 hour
- Serves | 9

DIRECTIONS

1. Preheat oven to 425 degrees F
2. Whisk all ingredients together in a mixing bowl. Pour into a oiled 8x8 pan or pie pan if you'd like.
3. Bake for 15 minutes then reduce heat to 350 degrees F. Continue baking for another 35-40 minutes, or until pie is set and cooked through. Knife should come out clean at the center..
4. Serve with a dollop of truwhip keto whipped topping!

BREAKDOWN

- **Net Carbs:** 4 (including whip)
- **Sugars:** 2g (including whip)
- **Calories per serving:** 40 (without whip)