

Pumpkin Pie

Ingredients:

- 1 15-oz can of pureed pumpkin, about 1 ½ cups (not pumpkin pie filling)
- 1 cup extra firm silken tofu, drained; about 7 oz
- ½ cup maple syrup
- 3 tablespoons cornstarch
- 1 ½ tsp vanilla extract
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- ¼ tsp kosher salt
- 1 9-inch premade pie crust (see note for crustless option)



Servings: 8

Instructions:

1. Preheat oven to 425 degrees F
2. Combine the pumpkin pie puree, silken tofu, maple syrup, cornstarch, vanilla extract, cinnamon, nutmeg, and sea salt in the bowl of a food processor.
3. Puree until smooth and creamy.
4. Spoon the pumpkin mixture into the prepared pie crust and bake for 10 minutes.
5. Reduce heat to 350 degrees F and bake for another 30 minutes until the pie is firm to the touch. The pie will get firmer as it cools.
6. Let the pie cool to room temperature before slicing.
7. Note: for the crustless option, spoon pumpkin mixture into a 9-inch pie tin. Bake per instructions.
8. Nutrition Facts 1 slice with crust: Calories: 210; Total Fat: 7g; Sat. Fat: 4g; Sodium: 200mg; Total Carb: 34g; Total Sugars: 19g includes 17g Added Sugars; Protein: 3g; Iron: 1.3mg

Nutrition Facts

8 servings per container
Serving size 1 slice, crustless

Amount per serving
Calories 100

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	4%
Total Sugars 14g	
Includes 12g Added Sugars	24%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 0.9mg	6%
Potassium 140mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

For more information contact The Living Whole
Employee Wellness Program at (909) 651-4007 or email livingwhole@llu.edu.