

The FIRM U
A CLINICAL FITNESS STUDIO

CRUSTLESS PROTEIN PUMPKIN PIE

Recipe by Carol Bessette

Prep Time 10 m
Cook Time 50 – 55 m
Ready in 1 hr 5 m

NUTRITIONAL VALUES

Serving size 1 slice / Recipe yields 8 / Calories 50 / Fat 0.8 g / Carbs 4.4 g / Protein 6.5 g

Ingredients

15 oz. canned pumpkin
12 oz. unsweetened almond milk
3/4 cup liquid egg whites
1.5 tsp. Cinnamon
1 tsp. Nutmeg
1 scoop Vanilla Designs for Health PurePaleo Protein powder (we sell this at The FIRM U!)
1 tsp vanilla extract 40 drops liquid Stevia

Directions

- Preheat oven to 350 degrees F.
- Mix all ingredients together with a wire whisk,
- Pour batter into a greased pie pan.
- Bake for 50-55 minutes or until toothpick comes out clean.