

Low GL gluten free pie serves 8 persons

PUMPKIN PIE

This pie is liked by even those who don't normally like pumpkin pie.



INGREDIENTS

- 1/2 tsp. Salt
- 1/2 tsp. Ginger
- 1 tsp. Cinnamon
- 1.5 Cups Canned Cooked Pumpkin. (*Not pre-made canned pumpkin pie filling.*)
- 1/2 Cup powdered Monk fruit, or powdered Erythritol or powdered Swerve.
- 1/4 Cup Vita-fiber or Fiber-Yum
- 4 Eggs
- 1/2 cup Milk
- 1.5 cups Vanilla Yogurt

DIRECTIONS

1. If making pie with a low-carb pie crust, make crust according to instructions on the next page.
2. Blend all ingredients in a blender or with an electric mixer until well blended.
3. Pour into baked pie crust or a "crustless" pie pan sprayed with no-stick cooking spray.
4. Bake at 450 degrees for 10 minutes
5. Then decrease temperature to 325 for 60 min. until mixture doesn't stick to knife or toothpick when inserted.
6. Serve warm if desired, or serve chilled and topped with whipping cream on page 3 and cinnamon garnish.

Pie Crust

Leave out sweetener when making this as a crust for a quiche rather than a pie.



INGREDIENTS

- 1 1/2 cups Almond Flour
- 3 tbsp FIBERGY by USANA
- 1/4 tsp salt
- 5 tbsp unsalted butter—COL
- 1 large egg white
- Drip in a few drops of liquid stevia or 2 tbsp Swerve Confectioners or powdered monk fruit.

DIRECTIONS

1. Preheat oven to 350
2. Add dry ingredients to a food processor or blender and pulse to mix.
3. Cube cold butter, add to blender and pulse until it resembles small peas.
4. Mix 1 tsp water to egg whites and add and water/egg mixture. Pulse until it comes together.
5. Flatten mixture into a pancake shape and wrap in cling wrap, then place in freezer for a few minutes to chill it.
6. Unwrap and place in 9" glass pie plate & flute the edge
7. Poke fork holes in bottom and bake 15 minutes or until golden brown. Cool completely before filling the pie.



2 best Whipping Cream Recipes

Diary and non-dairy



INGREDIENTS

- Either 1 cup VERY COLD Heavy Whipping Cream OR USE canned Coconut milk chilled in refrigerator for 24 hours. *(We like "The Taste of Tai" brand coconut milk).*
- 2 tablespoons powdered Monk fruit confectioners' sugar, or powdered Erythritol or powdered Swerve, or a few drops liquid stevia.
- 1/2 teaspoon Vanilla extract or use Almond extract. *(Each has a distinct flavor so experiment with both and see which you like.)*

DIRECTIONS

1. If using non-dairy Canned Coconut Milk it must have been chilled in the refrigerator for 24-hours to separate the liquid from the heavy cream. Measure out 1 cup of the heavy cream.
2. Put the dairy cream or coconut milk into a **well-chilled bowl**.
3. Add the sweetener and vanilla or almond extract.
4. Using an electric hand mixer on low, or a wire hand whisk, beat the cream to the desired consistency. For soft peaks, the cream will be just thick enough to hold its shape in soft billows. For stiffly beaten cream, the cream will stand in firm peaks when the beaters are lifted.
5. The cream can be whipped up to 1 day ahead, covered tightly with plastic wrap, and refrigerated. If liquid separates from the cream, whip it again to incorporate the liquid.