

Best Ever Healthy Pumpkin Pie

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Creamy, healthy pumpkin pie from scratch that naturally sweetened with pure maple syrup. This easy-to-make pumpkin pie recipe will knock your socks off! Serve with dairy free or regular ice cream, or a little whipped cream for a treat.

Prep Time: 30 minutes
Cook Time: 1 hour
Total Time: 1 hour 30 minutes
Servings: 9 servings
Calories: 229 kcal

Ingredients

- 1 pie crust
- For the pumpkin filling:**
- 1 (15 ounce) can pumpkin puree
 - 3 eggs
 - ¼ cup pure maple syrup
 - ¼ cup coconut sugar (or organic cane sugar)
 - ¼ cup unsweetened almond milk (any milk will work)
 - 1 teaspoon vanilla extract
 - 1 ½ teaspoons cinnamon
 - ½ teaspoon nutmeg
 - ½ teaspoon ground ginger
 - ½ teaspoon allspice
 - ¼ teaspoon salt

Nutrition Facts

Amount Per Serving (1 slice)
Calories 229
Calories from Fat 107
Fat 11.9g (18%)*
Saturated Fat 6.7g (42%)*
Carbohydrates 28g (9%)*
Fiber 2.8g (12%)*
Sugar 13.3g (15%)*
Protein 4.6g (9%)*
*% Daily Value
Percent Daily Values are based on a 2000 calorie diet.

Instructions

- 1 Make pie crust as directed.
- 2 Preheat oven to 350 degrees F.
- 3 Make the filling: In a large bowl, add the pumpkin puree, eggs, pure maple syrup, coconut sugar (or regular sugar) almond milk, vanilla, cinnamon, nutmeg, ground ginger, allspice and salt. Mix until well combined and completely smooth. Pour into pie pan.
- 4 Bake for 50-60 minutes until filling is no longer jiggly. Check pie after every 20 minutes to make sure crust isn't burning. If it is getting a little too golden brown, simply cover pie edges with foil or a pie shield.
- 5 Allow pie to cool for at least an hour before serving. Pie should be kept in fridge once completely cool. Top with whipped cream or ice cream. Store pie in fridge. Serves 9.

Recipe Notes

- Feel free to make this pie with a store-bought crust instead of homemade. It will still be delicious!
- If you make this with coconut sugar, the pie filling will likely turn out a bit darker, but still work perfectly and be incredibly delicious.
- You can absolutely make this pumpkin pie without any crust. I've tested it and it comes out perfect every time. Just pour it into a greased pie pan and bake as directed. This is a great option if you're feeling lazy and don't want to make a crust, or if you just prefer a crustless pie.
- **To store:** once your pumpkin pie is completely cooled, wrap it or place slices into airtight containers and store it in the fridge for up to 3-4 days. Enjoy straight from the fridge!
- **To freeze:** simply let it cool completely, wrap it up well and freeze it for up to 1 month. Before serving let the pumpkin pie thaw in the refrigerator overnight. I might also suggest baking it in an aluminum pie dish so that you don't have to freeze your nice pie pan.

