

Henry

Skinny Pumpkin Pie

Ingredients:

Crust:

- 1 cup dates, pitted & soaked in water 20 minutes & drained
- 2 tbsp extra virgin olive oil
- 2 cups gluten free rolled oats
- 1/2 cup pecans raw and shelled
- 1/4 tsp nutmeg
- 1/2 tsp cinnamon

Filling:

- 2 eggs room temperature
- 1 15-oz can pumpkin puree
- 1/4 cup coconut sugar
- 3/4 cup unsweetened almond milk
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon
- 1/4 tsp ground cloves
- 1/4 tsp nutmeg

View the full recipe at skinnyfitalicious.com



Cook time
1 hour 10 minutes

Servings
8

Calories
262

Protein
6g