

# Crustless Pumpkin Pie

Yield: 9 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-crustless-pumpkin-pie-recipe>

## Ingredients:

- 15 ounces pumpkin puree pure
- 2 large eggs
- 1/2 cup erythritol
- 1/4 teaspoon salt
- 1 tablespoon pumpkin spice
- 1 teaspoon ground cinnamon
- 1 cup unsweetened almond milk or heavy cream
- 1 teaspoon liquid stevia pure, optional

## Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 45 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 3 grams
7. SaturatedFat: 6 grams
8. Sodium: 200 milligrams
9. Sugar: 2 grams

---

Thank you for visiting our website. Hope you enjoy Crustless Pumpkin Pie above. You can see more 17 south african crustless pumpkin pie recipe Prepare to be amazed! to get more great cooking ideas.