

Low-Carb Pumpkin Pie

David Spakes

What you will need

8" round 4" high metal pan for mixing
8" x 8" x 2.25" oven-proof glass dish for baking

Electric mixer
Spoon

Ingredients (crust)

	<u>net carbs</u>
4 tbsp butter	0g
¼ cup Splenda	6g
1 cup chopped pecans	4g

Ingredients (pie filling)

	<u>net carbs</u>
1 cup coconut oil (8oz)	0g
¾ cup Splenda	18g
2 tsp pumpkin pie spice	6.2g
1 can pumpkin (15oz)	14g
2 large eggs	0.8g

Directions

1. Preheat oven to 350° for 8 minutes.
2. Melt butter in clean metal pan on low heat.
3. Stir in Splenda and pecans with spoon.
4. Spread mixture into bottom of ungreased glass dish.
5. Bake 15 minutes at 350°.
6. Take dish out of oven.
7. Increase temperature of oven to 425°.
8. Heat coconut oil over low heat in metal pan until it melts (no need to clean first), then remove from heat.
9. Stir in Splenda and pumpkin pie spice with spoon.
10. Stir in pumpkin with spoon.
11. Add eggs.
12. Mix with electric mixer on lowest setting until smooth.
13. Pour mixture over nut crust and spread evenly with spoon.
14. Bake 15 minutes at 425°.
15. Reduce heat to 350° and bake an additional 50 minutes.
16. Remove pie from oven and allow to cool on countertop for a minimum of 2 hours.
17. Cut into 9 pieces (approx. 2½" square) containing 5.4g carbs each.

Serve with a spoonful of Cool Whip whipped topping if desired (don't forget to count the additional carbohydrates!).

Refrigerate leftover portions. Note that since coconut oil is a solid at room temperature, pie will be very firm when served.