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Home Keto Recipes Low Carb Keto Desserts Happy pumpkin season! Are you making everything pumpkin yet? Ive had fun making smoothies and pumpkin bars, but this sugar free keto pumpkin pie has been the #1 favorite on my site for years. This recipe nails the traditional flavor while keeping it low carb. It tastes like a regular pumpkin pie, so the whole family will eat it. I make it every year and its always a hit! Tastes like regular pumpkin pie Creamy spiced filling Buttery, crisp crust Not too many ingredients Just 4g net carbs per slice Low carb, keto friendly, and gluten-free Perfect dessert for Thanksgiving or Christmas Here I explain the best ingredients for this sugar free pumpkin pie recipe, what each one does in the recipe, and substitution options. For measurements, see the recipe card. Ever since I posted my favoritealmond flour pie crust recipe, Ive been looking for every excuse under the sun to use it and this keto pumpkin pie is perfect for it. The crust needs just a few simple ingredients:Wholesome Yum Blanched Almond Flour I recommend this flour for the best texture (never grainy!). Many brands are too coarse and can leave your crust gritty. Avoid almond meal, which tends to be the coarsest option. Besti Monk Fruit Allulose Blend Adds just a touch of sweetness to the crust. You can also use the powdered version (used for the filling below) if you dont want to buy two different kinds. For alternate sugar substitutes, use my sweetener conversion chart for guidance, but be aware that most brands contain erythritol and the crust will turn out more dry. Sea Salt I almost always add this to baking recipes, because salt balances and brings out the sweetness. Unsalted Butter Youll need melted butter, so you can melt it in the microwave or in a double boiler on the stove. Ghee or coconut oil will work as dairy-free options. Egg This contributes to a flaky texture and also prevents the keto pie crust from falling apart. You could also use an egg substitute, or simply approximately 2 tablespoons of additional butter, ghee, or coconut oil. Vanilla Extract Although optional, adding vanilla extract enhances the flavor. The sugar freepumpkin pie filling has only five ingredients, plus salt and a couple optional additions: Pumpkin Puree I use canned pumpkin puree for convenience, but you can make your own pumpkin puree from a real pumpkin if you prefer. Simply roast until tender, then puree the flesh until smooth. Heavy Cream Makes the filling rich and creamy. You can use coconut cream instead to make a paleo or dairy free version. Eggs Warm them to room temperature. Egg substitutes are not recommended for the filling, sorry. Besti Powdered Monk Fruit Allulose Blend Makes the filling sweet and silky smooth. As mentioned above, other brands can crystallize and leave a gritty texture, but you could use super fine powdered allulose instead for a similar result (youll need 33% more). Pumpkin Pie Spice Make homemade pumpkin pie spice in just a few minutes with simple spices: Cinnamon, nutmeg, ground ginger, allspice, and ground cloves. But, you could use store-bought as well. Sea Salt Balances the sweetness. Vanilla Extract Optional, for flavor. Blackstrap Molasses Some people have asked me why I use blackstrap molasses (which contains 10 grams of sugar per tablespoon) in a keto pumpkin pie recipe. The reason is for flavor, not sweetness. I only use 1 teaspoon in the entire pie, and this adds 0.28g of sugar per slice. I think its worth it, but if you like, you can omit it. For a similar flavor, you could also replace 1 tablespoon of powdered Besti in the filling with 1 tablespoon of Besti Brown monk fruit sweetener, which contains no carbs or sugar. This section shows how to make sugar free pumpkin pie, with step-by-step photos and details about the technique, to help you visualize it. For full instructions with amounts and temperatures, see the recipe card. Make the pie crust. Make the sweet almond flour pie crust here in a 9-inch pie pan. After baking the crust, lower the oven temperature, and cool the crust on the counter. Mix the filling. Meanwhile, in a bowl using a hand mixer, beat together the pumpkin, heavy cream, Besti, pumpkin pie spice, sea salt, vanilla, and molasses, until smooth. Assemble the pie. Pour the filling into the crust. Gently tap on the counter to release any air bubbles. Cover the crust. Cover the crust with foil. See tips below for how to do this.Bake. Transfer to the oven and bake until the pie is almost set, but still slightly jiggly in the center. Cool and refrigerate. Let keto pumpkin pie cool completely on the counter, then refrigerate before slicing. I like to serve with sugar-free whipped cream and a sprinkle of cinnamon. While this sugar free pumpkin pie is pretty easy to make, here are some tips Ive picked up after making it dozens of times over the years: Pre-bake the pie crust. Regardless of what crust you choose, youll want to pre-bake it first, so that it doesnt get soggy once you add the filling.Cover pie crust edges with foil. Since the crust is already baked, youll need to cover the edges to prevent it from burning. My favorite way to do this is to cut a square of aluminum foil larger than the pie, fold it in fourths, and then cut a quarter circle from one corner of the square. Unfold it, and youll have foil edges with a hole in the middle that you can place over the crust. (You can watch me do this in the recipe video below!) If you dont want to fuss with foil, you can get a pie crust shield instead.Dont overbake. The key to keto pumpkin pie, like the traditional version, is not to overbake it. Think of it like a custard, similar to keto cheesecake. Remove it from the oven while its still slightly jiggly to avoid cracks and preserve the texture.Let it set. If you cut into the pie too soon, it wont be fully set and the filling wont be firm. Make sure it sets completely in the fridge before slicing.Use a water bath if you want to be extra careful. This sugar free pumpkin pie recipe bakes the filling at a lower temperature, which helps to avoid the cracks. If youre still concerned, place the pie pan in a baking dish before baking and fill the baking dish with enough water to go up the pie pan sides. Then bake as usual. Cracking happens due to the filling heating too fast and then shrinking as it cools a water bath prevents this. Its more hassle though, so I usually skip that step and just watch it carefully in the oven. And hey, if your pie does develop cracks, just cover em with some (sugar-free) whipped cream! No one will ever know. ? Store: Keep any leftover keto pumpkin pie covered in the refrigerator for 3-4 days. Freeze: Wrap it tightly in plastic wrap or aluminum foil, and freeze for up to 3 months. Now that youve made your easy keto pumpkin pie, its time to make your Thanksgiving feast! Here are some low carb dishes to round out your meal: Since its pumpkin season, dont miss some of my other delicious pumpkin recipes: RECIPE SAVED! The recipe was sent to your email. I also sent you your free login info. You can use that to access your saved recipes at My Favorites. Review Print Tap on the times in the instructions to start a kitchen timer. Make the sweet version of the almond flour pie crust here. Meanwhile, beat together all remaining ingredients, using a hand mixer at medium-low speed, until smooth. (Don't overmix.) When the pie crust is done baking, reduce the oven temperature to 325 degrees F (163 degrees C). Cool the crust on the counter for at least 10 minutes, longer if you have time. Pour the filling into the crust. Gently tap on the counter to release air bubbles. Cover the crust edge with foil. Bake for 40-50 minutes, until the pie is almost set but still slightly jiggly in the center, like jello. Do not let it fully set in the oven. Cool completely on the counter. Then, refrigerate for at least 2 hours, preferably overnight. Make sure the pie is completely set and doesn't jiggle before you slice it. Leave a rating to help other readers (this also helps me continue to provide free recipes on my site), or get the recipe sent to your inbox. Serving size:1 slice, or 1/12 of entire pieTo reduce the chance of cracking your low carb pumpkin pie, you can bake the pie in a water bath. Otherwise, if you end up with cracks, you can always cover them with whipped cream. Want more recipes like this? Find this one and many more in my Low Carb Holiday Cookbook and Keto Ebook Bundle! Copyright Maya Krampf for Wholesome Yum. Please DO NOT SCREENSHOT OR COPY/PASTE recipes to social media or websites. Wed LOVE for you to share a link with photo instead. Better'N Nutter Butters - Peanut Butter Cookies Test Kitchen Awarded Dirty Chocolate Chip Cookies Test Kitchen Awarded Give Me Some Sugga! Fudge Cookies Test Kitchen Awarded Member shared recipes are reviewed, and those that have Blue Ribbon potential get whipped up in the Test Kitchen. If the dish is delicious enough, it is awarded a Blue Ribbon. Share copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. This HOMEMADE KETO PUMPKIN PIE starts with a yummy traditional pumpkin pie filling but then has a great almond flour crust to accompany it. It will be one of your favorite sugar-free pies from now on. Im not sure if Ive really expressed to you guys how much I love fall! Everything about itthe food, the weather, cute scarves, boots, and sweaters, oh and did I mention the food?? Oh man, whats not to like about fall recipes? Apple cider, apple pie, pumpkin lattes, butternut squash soup, pumpkin cookies, apple crisp, and of course one of my absolute favorites PUMPKIN PIE. Lets talk about pumpkin pie for a few minutes. Im not sure about you, but pumpkin pie is such a fall time classic, and no one should miss out on this classic because of their diet restrictions. So Im happy to tell you all that, this keto pumpkin pie recipe is extremely close to the original in taste and texture you have always loved. But the awesome thing about this low carb pumpkin pie is that its made with a yummy almond flour crust and is completely sugar-free! If youre like me, pumpkin pie is not just considered a dessert thing. One of my favorite things is to grab a slice of homemade pumpkin pie, put a dollop of fresh sugar-free whipped cream on top, and eat it while I have my coffee in the morning. MMMM.pie for breakfast.so good!! Theres a lot of pumpkin pie recipes out there but most of them will all have a thick custard-like filling and have spices such as cloves, ginger, nutmeg, and cinnamon. Pumpkin pie is made with cream or evaporated milk and should have a thick yet smooth texture. Some people compare it to sweet potato, but as youre cooking it, all the spices together smell amazing. And tastes even better. Almond Flour Your choice of low carb flours consists of several options, but I chose to use almond flour. I like the consistency of it, and well as the taste and flavor. I find it to be a very versatile low carb flour, but if using it make sure to get the superfine almond flour, it makes a big difference. Butter Pretty much a staple ingredient to pie crusts. I chose to add melted butter for my crust. But it does make your dough a little bit less firm. But keep in mind, low carb pie crusts are definitely going to be more fragile in general, so dont expect it to be exactly like a regular one, but its sure yummy all the same! Vanilla & Cinnamon I thought that adding a touch of vanilla and cinnamon was a nice little addition, especially when making a sweet pie over a savory one. Feel free to omit these 2 ingredients if you choose to, but I like the little added flavor. Xanthan Gum This is what I use to help keep the pie crust together. Its used in so many recipes as a binder, especially in gluten-free recipes. This is key and you dont want to skip it. Sweetener I chose to use granulated swerve for this recipe. Not a lot though, only cup to give it a little bit of sweetness. For those of you who arent familiar with Swerve, its a zero-calorie, non-glycemic sugar replacement that is safe for those who have diabetes and also commonly used in Keto desserts. Pumpkin I find using canned pumpkin is so so so much easier than using fresh pumpkin plus it tastes just as good. Pumpkin is a low carb vegetable and is full of vitamins, minerals, fiber, and antioxidants. Sweetener I chose to use granulated monkfruit sweetener, its usually my go-to sweetener choice. But you have other options such as Swerve, Bochasweet, Allulose, or Xylitol. (But something to please keep in mind that Xylitol is very dangerous to your pets, so I dont recommend using it if you have any pets.) Heavy Cream In a homemade pie using heavy cream is common, especially in a keto pumpkin pie. Compared to other pumpkin pies that use evaporated milk. I like the consistency of using the heavy cream, which helps give your pie a nice thick filling. Ive been finding lately that having pumpkin pie spice on hand has been very helpful and convenient. If you dont have it at home, thats ok cause theres a good chance that you have all the ingredients that you can probably make your own batch. Its a mix of just cinnamon, nutmeg, ginger, allspice and cloves. Thats it! See, super easy. Here are the ingredients you need for 1 pumpkin pie: 2 tsp cinnamon tsp nutmeg tsp ginger tsp cloves tsp allspice For this particular pumpkin pie recipe, I dont use pumpkin pie spice, but I know some do use it. If you want to add it, check out our recipe for homemade pumpkin pie spice. Combine them all together and add it to your homemade pumpkin pie. Yes, Pumpkin is ok to eat while on Keto. I didnt think at first that pumpkin was a low-carb vegetable but in fact apparently it is. They are full of vitamins, fiber, minerals, antioxidants, and can work actually well with a low carb diet. In fact, it was one of the vegetables allowed during the Atkins diets induction phase. A half a cup of canned pumpkin has about 7 net carbs, and 3 grams of fiber. So as long as you make your filling with keto-approved sweetener, and use an almond flour crust like mine, then you can eat pumpkin pie without problems! I actually dont have too many variations of this homemade sugar-free/keto pumpkin pie. The only things I could come up with are these: If you or anyone else has an allergy to nuts, then skip the almond flour crust and use a coconut flour crust. (I will have a coconut flour pie crust recipe soon)I chose to use granulated monk fruit sweetener for the pie filling, but you can choose any other low carb sweetener of your choice.If you want to make any type of decorations for the top of your pie, then double the batch of pie crust, and use cookie cutters of your liking.You can also use some sugared cranberries to add as decoration to your pumpkin pie, soak the cranberries in water then roll them in some low carb sweetener or regular sugar. Place them in the freezer for a little bit, then add them to the pie. Making your own homemade sugar-free pumpkin pie is so easy. Its going to be your new favorite pumpkin pie recipe to make for your guests. Follow these simple instructions and youll have this pie ready in no time. This almond flour pie crust is a piece of cake to make, or should I say pie. Click on the link and follow my instructions for making this almond flour pie crust. At this point, you need to decide if your pie recipe calls you to pre-bake your crust or to bake it with the pie filling. If you dont need to pre-bake it, (which this homemade pumpkin pie recipe doesnt need to be pre-baked) then stop here, and follow your pie recipe moving forward. Making the filling is super easy. Grab a medium-sized bowl, and add the sweetener, salt, cinnamon, ginger, and cloves. Mix the ingredients with a spoon until well combined. Now add the eggs and whisk it up. Once its mixed, then add the pumpkin and whisk again. At this point, we are now ready to add the heavy cream. Slowly stir in the cream, while whisking at the same time. So now its time to assemble the pie. Pour the pumpkin pie filling into the pie crust. This next step is an important one. Get your pie shield and cover the edges of the crust. If you dont have a pie shield yet, I really recommend you get one because almond and coconut flour crusts burn a lot quicker than regular ones. But if you are in a pinch then get some foil and gently wrap it around the edges. Bake it at 325 degrees for about 40 minutes. You may need it longer depending on your oven. Baking it at a low temperature is going to help to keep the pie from cracking. Its simple reallyDONT OVERCOOK IT! Cracking is a direct result of over baking, and its not hard to do. Some people think that as soon as it cracks it means its ready. Nope, not the case. Remember that homemade pumpkin pie is a custard base, similar to cheesecake so you will want to take it out of the oven while its still jiggly. Not only will over baking it cause cracks, but it can also affect the texture and cause your low carb pumpkin pie to get dry. Lets face it, no one wants that! Another way to help prevent your sugar-free pumpkin pie from cracking is to cook it at a lower temperature. A normal pumpkin pie recipe usually tells you to start the pie at 425 degrees then turn it down to 350 degrees. But I recommend you keep the temperature at 325 degrees for the whole time. So just like overcooking your low carb pumpkin pie can cause it to crack, overcooking it also can cause the pie to get a little wet on top. When dealing with a custard base, overcooking the eggs can cause droplets of water to appear on your homemade pie. A suggestion is to pre-bake your crust for a little while, then add your pumpkin filling. If you choose to do it this way then you can cook it on even lower temperatures, like 300-325 degrees. Dont forget that the pumpkin pie will continue to cook for a bit once removed from the oven. So take it out while its still jiggly. If youve ever made a pumpkin pie following the back of Libbys Pumpkin can, youll see the recipe calls for a can of evaporated milk. But with a homemade pumpkin pie, we use heavy cream. Typically using heavy cream thickens everything up, including the filling to this sugar-free pumpkin pie. I find just using the heavy cream makes my filling just thick enough. But if you find that you want it thicker, then you can wring out the pumpkin into a cheesecloth and get out any extra liquid that might be in it. You may have read about this from my Almond Flour Pie Crust recipe already, but in order to keep your pie crust from burning, you need to have a Pie Shield. Its a must-have item in your kitchen. I got a silicone pie shield that I absolutely love, its so easy to maneuver and use and only cost me about $8.00. If you dont have a pie shield and cant get one in time to make this keto pumpkin pie, then use some foil and cover your edges. Its not a good as a real pie shield, but it will do the job when in a pinch. This pie is not only Keto-friendly but its also gluten-free and completely grain-free. For those of you who arent watching their carbs, but need a pumpkin pie thats gluten-free, look no more. If you want to have regular sugar thats fine, but use white granulated sugar instead of the Swerve like the recipe calls for. Oh my goodness.the quick answer is everything! The first thing that comes to mind is pretty much every other fall and winter dish you can think of. Just to give you a few ideas: And the list goes ononon. I think its safe to say that you can serve pumpkin pie with just about anything. Honestly making a pumpkin pie on the day youre eating it is the best option. I dont like to take a chance and make my keto pumpkin pie too far in advance. But if you need to make your homemade pumpkin pie early it can be done, but Id only do it a day in advance. The reason for that is because the filling is custard-based, it can pull away from the crust and get denser over time, and honestly, after sitting in the fridge too long thats when it can get soggy too. You have the option to make it and freeze it though. First, you need to make sure the pie is 100% completely cooled. Then wrap the pie in plastic wrap first, a few times around is best, then wrap again in foil. Please make sure its completely wrapped so it doesnt get freezer burn. When you are ready for the pie, put in on the counter and let thaw. It should take a few hours and then it will be ready to eat. As we have already established homemade pumpkin pie is custard-based and it needs to be refrigerated. Cover with some foil or plastic wrap and store in the fridge for a few days. But its so good I dont think that its going to last too many days anyway. If youre in the mood for some other Low Carb Desserts then try our: They all are Keto-friendly and low carb, and will be a hit at your next party! Print clock icon cutlery icon flag icon folder icon instagram icon pinterest icon facebook icon print icon squares icon heart icon heart solid icon 5 Stars 4 Stars 3 Stars 2 Stars 1 Star No reviews Author: Stephanie Parlegreco Total Time: 60 minutes Yield: 12 Slices of Pie (1 per serving) 1x This HOMEMADE KETO PUMPKIN PIE starts with a yummy traditional pumpkin pie filling but then has a great almond flour crust to accompany it. It will be one of your favorite sugar-free pies from now on. Start by making my recipe for almond flour pie crust. (Keep in mind that you dont want to pre-bake the crust before you add the pumpkin filling)Once the pie crust is ready, start on the filling.In a medium-sized bowl, add monkfruit sweetener, salt, cinnamon, ginger, and cloves. Stir until its all mixed up well.Add in eggs, and whisk. Then add pumpkin and whisk again.Slowly stir in the heavy cream, and whisk until its combined completely.Pour into the pie crust.Cover the edges by using a pie shield. If you dont have one, then use foil to cover the edges.Bake at 325 degrees for about 40 minutes. (It could need longer depending on your oven) 4 NET CARBS per sliceTo prevent your pumpkin pie from cracking dont over bake it, and cook it at a lower temperature.Very importantalmond flour burns use a pie shield so the crust doesnt burn.To prevent your pie from getting wet on top, again dont over bake it, and also you can pre-bake your crust first.To thicken your pie filling, use heavy cream. If thats not enough then by using a cheesecloth wring out the extra liquid from the pumpkin.Store pumpkin pie in the fridgeI dont recommend making the pie more than a day ahead of time unless you freeze it.If you choose to freeze the pie, first wrap several times with plastic wrap, then wrap in foil.To thaw it out after being frozen, place on the counter and let thaw for a few hours. Prep Time: 20 minutesCook Time: 40 minutesCategory: DessertsMethod: BakingCuisine: American This Pumpkin Pie is a must-make for Thanksgiving. We put a twist on this simple recipe by adding brown sugar and a delicious maple whipped cream on top. Making brown sugar pumpkin pie is a breeze with store-bought crust and pumpkin puree! We love this Brown Sugar Pumpkin Pie because of its special depth of flavor. Its simple enough for anyone to make and has become a family favorite since we first made it in 2014. Because we think this is the best way to make pumpkin pie, its the only version on our website! Easy. We start with a pre-made pie crust and canned pumpkin puree for a recipe any cook can tackle! Flavorful. Dark brown sugar and classic pumpkin pie spices make every bite of this pie warm and welcoming. Whipped Cream. You saved all that time making a homemade pie crust, so now youve got a few extra minutes to whip this incredible maple whipped cream together! I promise its worth the effort and only takes about 2 minutes! You can, of course, make this brown sugar pumpkin pie more traditional by using granulated sugar in the filling, and you can also swap out the measured spices for premade pumpkin pie spice to save a little time. For a more homemade feel, make your own pie crust and pumpkin puree. Store leftover pumpkin pie covered with plastic wrap or aluminum foil in the refrigerator for up to 4 days. Enjoy cold, at room temperature, or reheated in a 350F oven for 15-20 minutes. Freeze this pumpkin pie whole or cut into individual slices tightly wrapped in 2 layers of plastic wrap and 1 layer of aluminum foil for up to 1 month. Let thaw overnight in the refrigerator before reheating and topping with whipped cream. Serve this pumpkin pie topped with delicious maple whipped cream and honey roasted pecans, or try pumpkin spice whipped cream, pumpkin ice cream, shaved chocolate, or a drizzle of chocolate sauce or caramel sauce. Enjoy with a warm pumpkin spice latte, slow cooker pumpkin hot chocolate, or a boozy pumpkin spice white Russian or pumpkin pie punch. What kind of pumpkin is best for pie? Personally, I find that theres a lot more variability in fresh pumpkin puree than in canned, which can often lead to a watery pie, so I like to stick with canned pumpkin for consistent results every time. Is heavy cream or evaporated milk better for pumpkin pie? I like to use heavy cream in this pie because it creates a super creamy filling. I sometimes find that evaporated milk leaves a bit of an aftertaste. How do you keep pumpkin pie from getting soggy? Pre-baking the crust should help ensure the pie doesnt become soggy! Make sure the crust is fully cooled before filling it to ensure no extra moisture is created. Should I poke holes in the bottom of my pie crust? I recommend weighing the crust down with sugar. Its the method I used in this recipe, and it leaves you with a wonderfully flavorful toasted white sugar that you can use for other recipes later on. However, if you dont have enough sugar to do this, you can either use pie weights, dried beans, or simply dock the crust with a fork. What causes a pumpkin pie to crack while baking? Usually, eggs are the culprit for a cracked pie. Overcooked eggs tighten up and create cracks in the surface, so its best to pull the pie when it is jiggly but not wet in the middle. Of course, if your pie does happen to crack, thats what the whipped cream is for! Whipped cream covers all mistakes! Does pumpkin pie need to be refrigerated? Yes! I like to press plastic wrap onto the surface to keep it the freshest, but you can also wrap it in foil. Wait to top with whipped cream until just before serving! Wow! I stumbled across this recipe because I didnt have granulated sugar and searching brown sugar pumpkin pie I found this! Wow! So so amazing! The best pie Ive ever made! Thank you so much for sharing this amazing recipe! I will never make it any other way now! Casey C Prep the Crust: Preheat your oven to 425F and place a baking stone on the middle rack. You can also place a plain baking sheet on the middle rack if you dont have a stone. Roll out a 9-inch pie crust and place it into a 9-inch pie pan. Cover the inside and outer edges of the crust with foil and fill the pie shell with sugar. Blind bake the crust like this for 10 minutes, then place the crust on a cooling rack and very carefully (the sugar will be hot) transfer the foil with the sugar to a heatproof bowl. Cool the crust completely. Make the Filling: In a large mixing bowl, whisk 1 cup of dark brown sugar, 2 large eggs, 1 teaspoon of kosher salt, 1 teaspoon of ground cinnamon, teaspoon of ground ginger, teaspoon of ground cloves, and of ground nutmeg together. Add 15 ounces (1 can) of pumpkin puree and 1 cup of heavy cream and whisk until all ingredients are well incorporated. Start Baking: Pour the pumpkin pie filling into the cooled pie crust, place in the preheated oven on the baking stone, and bake for 15 minutes. Lower the Temperature: Reduce the temperature to 350F and bake another 40-50 minutes, or until a knife inserted in the center comes out clean. If the crust is browning too quickly, cover the outer crust with foil or with a pie crust shield. Transfer the baked pie to a cooling rack, remove the pie crust shield, and cool for at least 2 hours before slicing. Make the Whipped Cream: While the pie cools, make the maple whipped cream. Pour 1 cup of heavy cream into a large, cold bowl. With a hand mixer set on low, beat the cream until it thickens slightly. With the speed still on low, add 1 tablespoon of pure maple syrup, teaspoon of pure vanilla extract, and 1 tablespoon of dark rum (or bourbon). Turn the speed to medium-high and beat the cream until medium peaks form, about 2 minutes. Serve the Pie: Slice the pie into equal pieces. Garnish each piece of pie with whipped cream and honey roasted pecans (if desired). Years ago, we asked Little Passports team members for their favorite Thanksgiving recipes, and one of them, Robyn Patty, shared hers for a special pumpkin pie. Since then, its become a well-loved standard for us. Take it from us and try this decadent version of a holiday classic. Happy Thanksgiving! 2 pie shells, prebaked1 cup real maple syrup2 cups canned solid-pack pumpkin puree2 teaspoons pumpkin pie spice teaspoon cardamom teaspoon salt teaspoon vanilla1 cup heavy cream cup buttermilk2 eggs Preheat oven to 375F (190C).Prepare your pie shells. Premade pie shells make the recipe easier, but if youre feeling ambitious, take the time to make them from scratch! Prebake the pie shells according to the instructions, and let cool before filling.Kids can pour the maple syrup into a saucepan. The adult should heat it over medium-high heat. Bring it to boil until it reaches 200F (95C) on a candy thermometer, and remove from heat.Once the syrup is slightly cooled, pour it into a mixing bowl. Whisk it together with the pumpkin puree, pumpkin pie spice, cardamom, salt, vanilla, heavy cream, buttermilk, and eggs. The adult should handle whisking while the mixture is hot, but once it has cooled down to a safe temperature, kids can get in on the action too.Pour the pumpkin mixture into the prebaked pie shells. Bake for 1 hour, until filling is set but is still a bit jiggly in the center when shaken (not too hard!). Move to a rack and cool completely.Serve with whipped cream. Just baking and eating a pumpkin pie is a great Thanksgiving activity. But because so many steps in this recipe involve heat, preparing the pie requires a lot of adult supervision. Younger kids may have the most fun decorating the pie to make it something special. Anyone can serve an ordinary pumpkin pie from the store around the holidaysbut a pumpkin pie topped with whipped cream flourishes, decked with autumn leaves, or strewn with marshmallows or sugared cranberries is a memorable, one-of-a-kind treat! Mini marshmallows: Pumpkin pie tastes delicious with the sweetness of marshmallows on top. To get that flavor combination and let your kids explore their creativity, ask them to decorate the pie with miniature marshmallows before serving. They can use the gooey little puffballs to make whatever shapes they wantturkeys, people, a house, and more! To get the best flavor, the adult should run the pie under the broiler in the oven once the decorations are complete. Watch carefully and take the pie out when the marshmallows are golden brown. Sugared cranberries: Sugared cranberries are another fantastic complement to the flavor of a pumpkin pie. To make them, mix equal parts water and sugar together in a saucepan and heat until the sugar dissolves. Stir in cranberries and let sit for 1530 minutes. Drain the cranberries and let them dry for an hour, then roll the cranberries in sugar. Once the sugared cranberries are finished, kids can use them to decorate the pie however they like. Whipped cream: This family favorite is great for kids who like to share their art with relatives. Instead of serving whipped cream on the side of the pie, put it into a piping bag and ask your kids to decorate the pie with it! You may need to show them how to use the bag, but once you do, theyll have a great time squeezing out whatever tickles their imaginations. If youve got extra time and want a truly dazzling centerpiece, you can color some of the whipped cream in fall tones like orange, yellow, and red using food coloring. Crunchy leaves: If you need to trim dough from your pie crust before baking, you can repurpose it for a decoration! While the pie bakes, take your extra dough and trim it into the shape of small leaves. For added detail, use a knife or skewer to score lines that look like leaf veins into the dough. After the pie has finished baking, brush the dough leaves with egg wash and bake them at 350F (175C) for 10 minutes. They should be golden when done. Kids can place them around the edge of the pie like a wreath, scatter them across the top, or even build an edible leaf pile in the center! Pecan people: Candied pecans are easy to decorate with and taste great with pumpkin pie. Ask the kids to place pecans on top of the pie and create a festive design of their choice. Feel free to embellish the designs with whipped cream as well! Pumpkin pie has been a classic American dessert for hundreds of years, and its roots go back even farther than that. Native Americans in Mexico were eating pumpkins at least 7,500 years ago. As planting of the gourd spread from there throughout North America, different peoples used pumpkins in a variety of waysmashing them, cooking them, eating their seeds, and more. When European colonists arrived, they began cooking with pumpkins as wellmaking breads, ales, puddings, and pies. A recipe for pumpkin pudding (a lot like pumpkin pie as we know it now) is included in the very first American cookbook. By the time Thanksgiving became a national holiday in the United States in the late 1800s, pumpkins were eaten less often. But they became a symbol of nostalgia, particularly in cities, where people associated them with romantic ideas about life on the farm. So as the nation developed its new holiday traditions, eating pumpkin pie became one of them. Baking with kids can be a ton of fun, but it also adds complexity to the process! How long will the recipe really take? How do you make sure everyone knows what to do? How much mess is too much mess? Read on for some tips on making the baking experience enjoyable for both you and the kids. Like other household tasks, baking with kids takes longer than doing it without them. A job that takes you five minutes by yourself might take 15 or more for your kids to handle. But what you lose in efficiency, you more than make up for in good times. Leave lots of extra timeas much as twice as long for complex recipesto be sure you dont get stressed. Kids do best when they have clear, concrete tasks to perform and understand what each one is for. Be demonstrative about referring back to the recipe for each step. Not only will it help the kids remember what to do, over time it will help them learn to check the recipe for themselves. Its a surprising amount of fun for kids just to be in the kitchen helping you, but theyll enjoy it even more if you involve them in deciding what to do. That might mean asking them which recipe to make (if you have a few to choose from), how to decorate, or whether the filling needs two or three more swirls of the whisk before its perfect. Kids make mistakes in the kitchen, and those mistakes often make messesbut its all part of the fun! Plan ahead by clearing the kids workspace of anything that can be easily spilled or damaged, rolling up sleeves, tying on aprons, or even laying down a plastic tablecloth to make cleanup easy. And when the messes do happen, smile and keep on baking. The mess is just a reminder that your kids are there with you, learning, taking part, and being their wonderful selves. Did you enjoy making this pumpkin pie with your family? For more great baking ideas, check out our easy pizza dough for kids or three ways to make cherry pie. Or tour the globe with the foods of Eid al-Fitr. Theres a whole world of tastes out there just waiting to be explored. If your family wants to venture deeper into it together, check out our World Edition subscription box, which includes recipes from around the world as well as adventurous chapter books and fun souvenirs from a monthly global adventure. Mix all ingredients together.Pour into a well sprayed pie pan.Bake at 350' for 30 to 40 minutes.NOTE: DO NOT use Splenda packets -- trust me on this one! Sign up for our newsletter to get recipes, easy dinner ideas, tasty treats and more delivered straight to your inbox. To withdraw your consent or to learn more about your rights, see the Privacy Policy. Jump to Recipe -Jump to Video -This Low Carb Pumpkin Pie is the ultimate answer to your keto Thanksgiving woes. It is, without a doubt, the perfect pumpkin pie for the holidays and you won't even know it's low carb. When I think about Thanksgiving and holiday meals, two things come to mind: Turkey and pumpkin pie. Since I'm someone who lives a low carb lifestyle, turkey is no problem as it's SO low carb that you might as well not count the carbs. Pumpkin pie, however, is a completely different story. Just one slice can have about 46 grams of carbs, which is impossible for anyone who is trying to stay in ketosis. But here's the problem: Pumpkin pie is just too dang irresistible! I mean, can you even call it a successful Thanksgiving without devouring what is arguably the best holiday treat of all time?! The answer to that question is most certainly "NO". So armed with this knowledge I tasked myself with making the best dang pumpkin pie I could possibly make, and I must say, I outdid myself with this one. This pumpkin pie is truly a keto-ers fantasy come true. It hits all of the points of a perfect low carb dessert without making you feel like you need to fast for the next few months/years. It's wonderfully creamy, delightfully spiced, perfectly sweet, and the crust has that combination of crumbliness and crunch that you'd expect from a good holiday pie. And above all, it's low enough in carbs that you can still enjoy the rest of your holiday without that feeling of dread that you just consumed enough carbs to put you off track until the new year. Heavy Whipping Cream- to make your own homemade keto whipped topping. Preheat the oven. Set your oven to 350FMake the pie crust. In a small bowl, mix together the almond flour and powdered Swerve.Pour in the melted coconut oil. Mix the pie crust ingredients until you have a crumbly mixture.Dump the mixture into a 9-inch shallow pie pan. Use your fingers to pat the pie crust evenly into the bottom and then work your way up the sides.Poke the crust. Once the mixture is evenly spread through the pan, use the tines of a fork to prick the bottom of the crust.Make the filling. Whisk together the eggs. Add cream, Truvia, canned pumpkin pure, pumpkin pie spice, vanilla extract and whisk it all together. Pour it into the pie crust.Bake it. The center will still be a little jiggly. You may need to cover the sides with foil if the sides of the crust start to brown too much.Chill it. Place it in the refrigerator for 6-8 hours and serve with homemade keto whipped topping. A single slice of your run-of-the-mill pumpkin pie has about 46 grams of carbs, with only 2.4 of those being dietary fiber. That makes for a staggering 43.6 net carbs per serving of pumpkin pie! That is certainly far too many carbs for anyone trying to keep it low carb for the holidays. A single slice of my delightfully Low-Carb Pumpkin Pie, however, only has 9 grams of carbs, with 3 of those being dietary fiber. That means there are only 6 net carbs in this pumpkin pie recipe! If that isn't a cause for some serious celebration, I don't know what is. That means this low-carb pumpkin pie is low enough in carbs that, depending on what else you eat this Thanksgiving, you could probably get away with eating a second slice of pie. That makes this the ultimate keto holiday win, without a doubt. You may need to cover the sides with foil if the sides of the crust start to brown too much.If you prefer a firmer crust, bake the crust by itself for 10 minutes before adding the mixture to the crust. Try not to whip too much air into the pumpkin pie mixture or you may get a pie with cracks on top.Make it ahead of time and chill it, since that will help it set properly. This spicy, sweet, and tangy Cranberry Chutney will wow your guests and make a wonderful addition to your cheese tray, besides providing an exotic flavor at your dinner table!This Keto Green Bean Casserole is an absolute must for your family get-togethers this holiday season! Enjoy this holiday time favorite guilt-free!ThisKeto Eggnog Custard is rich with the eggnog flavors you've come to love in a rich and creamy custard form. It's a fantastic low carb dessert option for a holiday party and it's quite simple to make. Best of all, it's keto-friendly!This Keto Stuffing recipe has got to be one of the best low carb holiday recipes I've ever created! Enjoy all that beautiful bready goodness without overindulging in carbs when you make this low-carb stuffing recipe!Looking for more low carb holiday recipes? Check out my post on the Best Keto Holiday Recipes! Do yourself a favor, don't deprive yourself this holiday season, and make this Low Carb Pumpkin Pie! Make sure to share this recipe with your friends on Pinterest and Facebook so they can enjoy it as well! This Low-Carb Pumpkin Pie is the ultimate answer to your keto Thanksgiving woes! It is, without a doubt, the perfect pumpkin pie for the holidays and you won't even know its low carb! Print Recipe Pin Recipe Rate Recipe Click on highlighted ingredients or Equipment to see exactly what I use to make this recipe Preheat the oven to 350F.Pour in the melted coconut oil and mix well until you have a crumbly mixture.Tip the mixture into a 9-inch shallow pie pan. Use your fingers to pat the pie crust evenly into the bottom and then work your way up the sides.Once the mixture is evenly spread through the pan, use the tines of a fork to prick the bottom of the crust.Whisk together the 3 eggs. Add cream, Truvia, canned pumpkin pure, pumpkin pie spice, vanilla extract and whisk it all together. Pour it into the formed pie crust.Bake at 350F for 40-50 minutes. The center will still be a little jiggly. You may need to cover the sides with foil if the sides of the crust start to brown too much.Chill for 6-8 hours and serve with additional whipped cream. You may need to cover the sides with foil if the sides of the crust start to brown too much.If you prefer a firmer crust, bake the crust by itself for 10 minutes before adding the mixture to the crust.Try not to whip too much air into the pumpkin pie mixture or you may get a pie with cracks on top.Make it ahead of time and chill it, since that will help it set properly. Calories: 285kcal | Carbohydrates: 9g | Protein: 6g | Fat: 27g | Fiber: 3g | Sugar: 2g Follow @twosleevers and Pin it! Originally Published October 26, 2019 Keto Instant Pot, Keto Fat Bombs, Sweets, & Treats, and Easy keto in 30 minutes. Welcome! Hi, Im Becky Hardin! I started The Cookie Rookie in 2012, and ever since, Ive been sharing easy, delicious recipes you can trust. Here, youll find everything from simple dinner ideas and crockpot meals to creative chicken dishes and desserts anyone can make. My goal is to help busy families get tasty food on the table quickly and easily. You may have seen some of my recipes featured in The Kitchn, People Magazine, Home and Family, The Today Show, and more! Im excited to share some of my favorite Summer recipes for the grill. Bring it on! More Grilling Recipes Juicy burgers are my specialty get ready for burger season with these easy classic burgers! More Easy Burger Recipes Easy as cake These fun and delicious cookies are made with cake mix! We have a ton of varieties and theyre a favorite to bake with our kids. The Cookie Rookie is committed to help both beginner and new chefs learn to cook! Below are 3 resources to help you at any level. Rookie Cookie? Learn To Cook If youre just beginning your to learn your way around a kitchen, start here! We have tips, tricks, tutorials, and more! Master Chef? Sharpen Techniques If youre comfortable with cooking but want to take your skills fo the next level, click here. Free printables, cooking videos, and upscale recipes. Grow your collection! Free Recipe Ebook Gimme the free stuff! Download our FREE ebook with all of our favorite 5 Ingredient Recipes. Quick and easy dinner, here we come. Watch & Learn Free Learning to Cook ebook! These fan favorite recipes never disappoint. Whether theyve been pinned millions of times on pinterest or have hundreds of user reviews, you can trust that theyre delicious and easy. Is there anything better than a delicious chicken recipe? These easy chicken meals are sure to please. More chicken recipes Garlic Butter Steak and Potato Bites is the ultimate easy dinner recipe. Kids and adults alike all love this simple skillet meal thats sure to please. Stovetop Burgers are easier than you might think! Once we learned How to Cook Burgers on the Stove its our go-to easy dinner for anytime of year. Chicken Wings are a game day staple! This baked wings recipe has the most amazing seasoning consisting of paprika, garlic, salt and pepper. Simple but delicious.

Is pumpkin keto friendly. Are pumpkin low carb. Low carb pumpkin pie recipe.