

Recipe makes
8 servings

Prep time
50 minutes

Baking time
30 minutes

NUTRITION INFO PER SERVING

(1/8 pie)

Calories 350

Protein 0.9 g

Phenylalanine 33 mg



INGREDIENTS

Crust:

1 ¾ cups low protein
all-purpose baking mix
(plus extra for dusting)

1/2 stick of butter, unsalted,
softened

3 Tbsp sugar, divided

1/2 cup water, cold

Filling:

1 ½ cups pumpkin, fresh,
peeled, deseeded, chopped

2 Tbsp brown sugar, unpacked

1 tsp pumpkin pie spice

1 Tbsp honey

6 Tbsp butter, unsalted,
softened at room temperature,
divided

4 Tbsp sugar

1 cup low protein all-purpose
baking mix

1 tsp baking powder

1/3 cup almond milk,
unsweetened

1 tsp vanilla extract

1 tsp low protein egg replacer

DIRECTIONS

Preheat an oven to 400°F.

For the crust:

- 1 Combine 1 ¾ cups low protein baking mix, 1/2 stick butter and 2 Tbsp sugar in a large bowl with your hands until a coarse texture is achieved.
- 2 Make a well in the middle of the flour mixture and add water. Combine gently with your hands until forming a ball of dough.
- 3 Leave to rest for 10 minutes.
- 4 Dust a clean work surface with low protein baking mix and knead dough for a minute until smooth.
- 5 Roll dough out with a rolling pin to an 11-inch circle. Use the rolling pin to lift the dough into a 9-inch parchment paper-lined pie dish, making sure to press down on the edges.
- 6 Cut excess dough off the sides of the pie dish, and prick the dough base all over with a fork.
- 7 Spoon remaining 1 Tbsp of sugar over the base of the dough.

For the filling:

- 1 Combine pumpkin, brown sugar, pumpkin pie spice, honey and 2 Tbsp butter in a medium-sized saucepan; and cook over medium heat for 15 minutes or until the pumpkin is soft.
- 2 Blend until smooth.
- 3 In a separate bowl, cream together sugar and remaining 4 Tbsp butter.
- 4 Add low protein baking mix and baking powder; rubbing together with your fingertips until it resembles breadcrumbs.
- 5 In another bowl combine almond milk, vanilla and egg replacer.
- 6 Add almond milk mixture to the dry mixture, stirring until well combined.
- 7 Add pumpkin mixture and stir until well combined.
- 8 Pour pumpkin mixture into the uncooked pie crust and bake for 30 minutes in preheated oven.
- 9 Remove from oven, cool, and serve.

This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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