
CRUSH IT! Café: Pumpkin Pie

The holiday season means the beginning of countless family gatherings, and no holiday meal is complete without some good old-fashioned pumpkin pie! Unfortunately, the calorie content of most pumpkin pie recipes leaves dieters with no choice but to avoid the dessert table altogether.

It's hard to have holiday cheer without pie, so we've created a macro-friendly pumpkin pie recipe as our holiday gift to you. Make a few of these for your next get-together, or make an entire pie for yourself as a pre-workout meal or holiday treat.

Recipe:

Dry Ingredients:

2 scoops Snickerdoodle Core MRP

1tsp pumpkin pie spice

1tsp baking powder

½ tsp baking soda

½ tsp cinnamon

½ tsp ground ginger

½ tsp nutmeg

¼ cup zero calorie sweetener of choice

1 pinch of salt

*Optional: Top with 1-2 servings fat free whip cream



Wet Ingredients:

1 cup canned pumpkin

1/3 cup low calorie pancake syrup

1tbsp ground flax “egg”

1.5tsp vanilla extract

Directions:

Preheat oven to 375° Fahrenheit. Mix ground flaxseed with 1tbsp of water and set aside in small bowl. Combine and mix all other wet ingredients until smooth; combine dry ingredients then incorporate well into the wet mixture. Lastly, add in the moistened flaxseed and stir all ingredients until just mixed.

Scoop batter into a shallow, glass, baking dish. Bake for 18-22 minutes then allow pie to cool slightly before serving.

Macros:

Serving Size: 1 Shake

Servings: 1

93 calories

2g Fat

12g Carbohydrate

8g Protein