



Low FODMAP Pumpkin Pie

Serves: 10

Prep: 30 minutes

Cook: 55 minutes



Stack Cup

Ingredients	Metric	Imperial
Pastry		
1 1/4 cup gluten free flour	170 g	6.0 oz
1/4 tsp salt		
6 tbsp cold butter	100 g	3.5 oz
4-6 tbsp ice cold water		
Filling		
1 3/4 cups canned pumpkin	425 g	15.0 oz
1/2 cup brown sugar	115 g	4.1 oz
1/3 cup white sugar	70 g	2.5 oz
2 tsp cinnamon		
1 tsp ground ginger		
1/4 tsp ground cloves		
Pinch of nutmeg		
1 1/2 cups lactose free heavy cream	330 g	11.6 oz
2 eggs plus 1 extra egg yolk		

Method

1. To prepare the pastry, add gluten-free flour and salt to a large mixing bowl and whisk to combine. Add the cold butter in and work gently with your fingers until the mixture resembles fine breadcrumbs
2. Next add ice cold water one tablespoon at a time and use a wooden spoon to stir. Only add as much water as you need to help it come together.
3. Once a loose dough is formed, bring together with your hands into a 1/2 inch thick disc. Wrap with plastic wrap and refrigerate for a minimum 30 minutes, up to 2 days.
4. To roll out the pastry, lightly flour a clean surface - Use a rolling pin to gently roll it into the shape of your pie pan. If it starts to crack or come apart, don't stress – you can fix it with your hands once you get it in the pan.
5. Gently transfer the crust into the pie tin so the edges just overhang the tin - gently work the crust into the tin until it's shaped well - any cracks or holes can be mended with any extra dough from the overhang
6. Preheat oven to 170° celcius/335 fahrenheit
7. To make the filling, whisk together the canned pumpkin, sugars and spices in a mixing bowl
8. Add cream to the mixture and whisk to combine
9. Whisk eggs in one at a time, mixing just enough to incorporate.
10. Pour filling into prepared pie crust and transfer to oven
11. Bake for 45 - 55 minutes or until the centre is set but still has a slight jiggle
12. Once done, cool on a wire wrack for 3 or so hours before cutting into slices to serve

Nutrition Information (per serve)	
Energy	1427 Kj / 341 cal
Protein	3.59g
Carbohydrates	28.61g
Sugar	15.46g
Total Fat	23.17g
Saturated Fat	14.48g
Fibre	4.65g