

## Pumpkin Pie



### Ingredients:

1. 1 ¼ cups heaving whipping cream
2. 1 ¼ cups sour cream
3. 4 large eggs
4. 2 tsps ground cinnamon
5. ½ tsp ground cloves
6. 1 tsp ground ginger
7. 1 tsp salt
8. 29 oz pumpkin
9. 1 ½ cups sweetener

### Directions:

1. Preheat oven to 425°F (220°C).
2. Mix sweeteners, salt and spices in a small bowl. Beat eggs in a large bowl.
3. Add pumpkin and spice mixture to eggs, mix well.
4. Stir in heavy cream and sour cream.
5. Pour into 2 glass pie plates. Bake at 425°F for 15 minutes, reduce oven to 375°F (190°C) and bake another 40-50 minutes until knife inserted near center comes out clean.
6. Serve with whipped heavy cream.

**Prep Time: 15 min**

**Cook Time: 1 hour**

**Makes 16 servings**

**Calories per serving: 154**

**Protein: 3.17 g**

**Net carbs: 7.31 g**

**Fat: 13.05 g**