

Pumpkin Pie In A Bowl (a NowICanEatCake recipe)

Get This:

- 1 T. coconut oil, melted
- 2 T. THM brown sugar
- 1 t. vanilla
- 1 egg
- 1 t. ground flax
- 1 1/2 T. almond flour
- 1 1/2 T. pure pumpkin puree (NOT pumpkin pie filling)
- 1/2 - 1 t. pumpkin pie spice
- sugar-free chocolate chips (optional)
- whipped topping (optional)

Do This:

1. Melt coconut oil in microwave safe bowl.
2. Add sweetener, vanilla and egg; mix well.
3. Add remaining ingredients except chocolate chips and whipped topping; mix until everything is incorporated.
4. Sprinkle chocolate chips on top if desired.
5. Microwave for 1m 10s. Pumpkin pie should be soft and a little 'wet' just like pumpkin pie.
6. Serve with whipped topping if desired.
7. Enjoy!

This pumpkin pie in a bowl is a perfect single serving recipe for those who are looking for a sugar-free, gluten-free pumpkin pie! This is an S dessert/snack! It is really close to real pumpkin pie! So yummy! Puh-lease try this recipe! It is sooooo good! You could even eat it for breakfast! Pumpkin pie for breakfast? Yeah. Sounds good to me! Hey, I've been known to eat worse things for me than this! ;)