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Honey Pumpkin Pie

(Courtesy of the National Honey Board)

INGREDIENTS:

3 eggs
1 pastry for single 9-inch pie crust
3/4 cup honey
1 can (15 oz.) canned pumpkin
1 cup evaporated milk
2 Tablespoons flour
1 teaspoon cinnamon
1/2 teaspoon ginger
1/2 teaspoon nutmeg
1/2 teaspoon salt

DIRECTIONS:

Preheat oven to 425°F. In a medium bowl, beat eggs. Brush one teaspoon beaten egg on inside of pie crust. Place crust on a cookie sheet and bake for 5 minutes. Meanwhile, add the rest of the ingredients to remaining beaten eggs and whisk to combine. Remove pie crust from oven and carefully pour honey pumpkin mixture into hot crust; bake 5 minutes more at 425°F. Reduce heat to 350°F, and bake 30 to 40 minutes more, until filling is set. Cool completely and serve with Honey Whipped Cream.

TIP:

For Honey Walnut Pumpkin Pie, just before serving, combine 1/3 cup honey, 1/3 cup chopped walnuts, and 1/4 cup vanilla. Carefully spread over pie, cut and serve.

NUTRITIONAL INFO PER SERVING:

Protein: 7 g Fat Total: 9 g Sodium: 209 mg Carbohydrates: 46 g Calories from Fat: 27% Cholesterol: 82 mg Calories: 284 Dietary Fiber: 2 g