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## Just Right Pumpkin Pie & Whipped Cream (Courtesy of the National Honey Board)

### INGREDIENTS:

3 eggs, slightly beaten  
3/4 cup honey  
1/2 teaspoon ginger  
1/2 teaspoon nutmeg  
1/2 teaspoon cinnamon  
1/2 teaspoon salt  
1-1/2 cups canned pumpkin  
1 cup evaporated milk or half-and-half  
1 9-inch unbaked pie shell

### DIRECTIONS:

Combine all ingredients, except pie shell. Beat or blend until smooth. Pour into shell. Bake at 425°F 10 minutes. Reduce oven temperature to 350°F. Bake 35 to 40 minutes or until custard is set. Cool. Serve with honey sweetened whipped cream.

### TIP:

For Honey Walnut Pumpkin Pie, prepare Just Right Pumpkin Pie. Just before serving, combine 1/3 cup honey, 1/3 cup chopped walnuts and 1/4 teaspoon vanilla. Carefully spread over top of pie.

## Whipped Cream

### INGREDIENTS:

1 cup whipping cream  
3 Tablespoons honey  
1 teaspoon vanilla

### DIRECTIONS:

Beat whipping cream until mixture thickens; gradually add honey and beat until soft peaks form. Fold in vanilla.

### NUTRITIONAL INFO PER SERVING (per Tablespoon):

Protein: 0.2 g Fat Total: 2.8 g Sodium: 3 mg Carbohydrates: 1/8 g Calories from Fat: 74% Cholesterol: 10 mg Calories: 34 Dietary Fiber: 0 g