Prep time: 10 minutes
Cook time: 45-50 minutes
Chill time: 2 hours
Total time: 3 hours (including chilling)
Yield: 8 slices

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Description

This Crustless High-Protein Pumpkin Pie is the ultimate guilt-free dessert. It captures all the warm, spiced flavors of a classic pumpkin pie but with a fraction of the carbs and a massive boost of protein. By eliminating the traditional pastry crust, we let the creamy, custardy filling shine. Perfect for a post-workout treat, a healthy holiday dessert, or a satisfying snack, this pie is not only delicious but also incredibly easy to make. It’s gluten-free, refined-sugar-free, and packed with nutrients to keep you full and energized.

Ingredients

For the Pie Filling:

- 1 can (15 oz / 425g) pure pumpkin purée (not pumpkin pie filling)
- 1 cup (240g) plain Greek yogurt (0% or 2% fat)
- 1 cup (240ml) unsweetened almond milk (or milk of choice)
- 2 large eggs
- 2 scoops (approx. 60g) vanilla or unflavored protein powder (whey or plant-based)
- 1/3 cup (67g) granulated sweetener of choice (e.g., erythritol, monk fruit, or coconut sugar)
- 1 ½ tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp ground nutmeg
- ¼ tsp ground cloves

- ½ tsp salt
- 1 tsp vanilla extract

For the Optional Topping (Recommended):

- 1/2 cup (120ml) plain Greek yogurt
- 1-2 tbsp powdered sweetener (or to taste)
- ¼ tsp vanilla extract

Instructions

1. Preparation (5 minutes)

1. Preheat your oven to 350°F (175°C).
2. Prepare your pie dish. Lightly grease a 9-inch pie dish with non-stick cooking spray or a small amount of coconut oil. This is crucial for a crustless pie to ensure it releases cleanly.

2. Make the Filling (5 minutes)

1. In a large mixing bowl, combine the pumpkin purée, Greek yogurt, and almond milk. Whisk until smooth and well-blended.

2. Add the eggs and vanilla extract, and whisk again until fully incorporated.

3. In a separate small bowl, combine the protein powder, sweetener, cinnamon, ginger, nutmeg, cloves, and salt. Mix well to ensure the spices and protein powder are evenly distributed.

4. Gradually add the dry ingredients to the wet ingredients, whisking constantly to prevent lumps. Continue whisking until the mixture is completely smooth and uniform in color. The filling should be quite liquid.

3. Bake (45-50 minutes)

1. Pour the filling into the prepared pie dish.

2. Bake for 45-50 minutes, or until the center is almost set. The pie should have a slight jiggle in the middle when you gently shake the dish. A toothpick inserted 1 inch from the edge should come out clean.

3. Intensity Check: If the edges are browning too quickly, you can loosely tent the pie with aluminum foil after the first 30 minutes of baking.

4. Cool and Chill (2+ hours)

1. Remove the pie from the oven and place it on a wire cooling rack. Allow it to cool completely at room temperature for about 1 hour.

2. Once cooled, transfer the pie to the refrigerator and chill for at least 2 hours, or overnight. This is a critical step; the pie needs to set fully to achieve the perfect sliceable texture.

5. Serve

1. Prepare the topping (optional): In a small bowl, mix the Greek yogurt, powdered sweetener, and vanilla extract until smooth. This makes a high-protein “whipped cream” alternative.

2. Slice the chilled pie into 8 equal pieces. Serve each slice with a dollop of the protein yogurt topping, if desired.

3. Storage: Store leftovers in the refrigerator, covered, for up to 4 days.

Nutrition Information (Estimated)

Servings: 8 slices (without optional topping)

- Calories: 115 kcal

- Protein: 12g
- Carbohydrates: 6g
- Fat: 4g
- Fiber: 2g
- Sugar: 3g