

Prep Time	10 minutes
Bake Time	45-50 minutes
Cooling & Chilling Time	2 hours 15 minutes
Total Time	~3 hours 10 minutes
Yield	8 slices
Recipe Intensity / Skill Level	Beginner / Easy (Low intensity)

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Equipment Needed

- 9-inch pie dish or springform pan
- Non-stick cooking spray (or light butter for greasing)

- Large mixing bowl or high-speed blender
- Whisk or spatula
- Wire cooling rack

Ingredients

For the Pie Base:

- 1 can (15 oz / 425 g) pure pumpkin puree (*not* pumpkin pie mix)
- 1 cup (240 g) plain 0% or 2% Greek yogurt (or ultra-smooth blended low-fat cottage cheese)
- 2 large whole eggs
- 2 large egg whites (approx. 60 ml)
- 2 scoops (approx. 60 g) vanilla whey or casein protein powder (*casein or a whey-casein blend yields an extra creamy texture*)
- 1/3 cup (64 g) granulated zero-calorie sweetener (such as erythritol, monk fruit, or allulose), adjusted to taste

- 1/4 cup (60 ml) unsweetened almond milk or ultra-filtered milk
- 1 1/2 tsp pumpkin pie spice
- 1 tsp ground cinnamon
- 1 tsp pure vanilla extract
- 1/4 tsp fine sea salt

Optional Garnish:

- Light whipped cream or coconut whipped topping
- A dash of fresh ground nutmeg or cinnamon

Step-by-Step Baking Instructions

Step 1: Prep and Preheat

1. Preheat your oven to 350°F (175°C).
2. Lightly grease a 9-inch pie dish with non-stick cooking spray. If you want ultra-clean edges, lightly dust the greased dish with a teaspoon of protein powder or almond flour,

tapping out any excess.

Step 2: Combine the Wet and Dry Ingredients

1. In a large mixing bowl (or high-speed blender), add the pumpkin puree, Greek yogurt, whole eggs, and egg whites. Whisk or blend on low speed until smooth and uniform.
2. Add the vanilla protein powder, granulated sweetener, almond milk, pumpkin pie spice, cinnamon, vanilla extract, and sea salt.
3. Whisk gently or blend on low speed just until combined.



Pro Tip: Avoid over-whisking at high speeds once the eggs and protein powder are added. Incorporating too much air can cause the crustless pie to puff up excessively in the oven and crack as it cools.

Step 3: Pour and Smooth

1. Pour the pumpkin pie batter directly into the prepared 9-inch pie dish.
2. Use a spatula to smooth the top into an even layer. Gently tap the pie dish on your counter twice to release any trapped air bubbles.

Step 4: Bake to Custard Perfection

1. Place the pie dish on the center rack of your preheated oven.
2. Bake at 350°F (175°C) for 45 to 50 minutes.
3. The pie is done when the edges are set and firm, but the center still retains a very slight, gentle jiggle when shaken. A toothpick inserted 1 inch from the center should come out clean.

Step 5: Cool and Chill (Critical Step)

1. Remove the pie from the oven and transfer it to a wire cooling rack. Allow it to cool completely at room temperature for about 1 hour.
2. Once cooled to room temperature, transfer the pie to the refrigerator and chill for at least 2 hours (overnight yields the best sliceable texture). *Custard-style protein desserts firm up significantly as they chill.*

Step 6: Slice and Serve

1. Slice into 8 equal wedges using a sharp knife dipped in warm water.
2. Top each slice with a dollop of light whipped cream and a sprinkle of cinnamon or nutmeg, if desired.

Storage & Freezing Tips

- Refrigerator: Store leftover pie covered tightly with plastic wrap or in an airtight container in the fridge for up to 5 days.
- Freezer: Slice the chilled pie into individual wedges, wrap each wedge securely in parchment paper and aluminum foil, and store in a freezer-safe bag for up to 1 month. Thaw overnight in the refrigerator before serving.

Nutritional Information

Values are calculated per serving (based on 8 total slices, excluding optional toppings).

Nutritive Metric	Amount Per Serving
Calories	110 kcal
Total Fat	2.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Cholesterol	50 mg
Sodium	140 mg
Total Carbohydrate	8.0 g
Dietary Fiber	2.5 g
Total Sugars	3.5 g
<i>Net Carbohydrates</i>	<i>5.5 g</i>
Protein	14.0 g