



EASY PUMPKIN PIE

A delicious, easy to prepare pumpkin pie, perfect for Halloween!

 20 minutes
 1 hour and 20 minutes
 99.6 portions

INGREDIENTS

- 250 grams of biscuits, ginger nuts
- 100 grams of butter, salted
- 1 level tablespoon of flour, wheat, white, self raising [20 g]
- 1 tablespoon of oil, olive, salad or cooking [14 g]
- 2.5 cups [1" cubes] of pumpkin, raw [290 g]
- 1/2 teaspoon of ginger, ground [2 g]
- 1/2 teaspoon of cinnamon, ground [2 g]
- 1 level teaspoon of salt [5 g]
- 4 units of eggs, chicken, yolk, raw [72 g]
- 1/2 cup of honey [170 g]
- 1/2 cup of milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A [123 g]
- 1 small carton of cream, fresh, double, including Jersey cream [150 g]

COOKING METHOD

- ^{1°} Biscuit Base instructions Preheat oven to 200°C. In a mixer chop up the packet of gingernuts, add the butter and flour. Press into a round flan dish and bake for 15 minutes until nearly cooked. Remove from the oven and cool.
- ^{2°} Pumpkin Pie Filling Slice the pumpkin into wedges. Place on a baking tray and use a pastry brush to lightly oil the pumpkin. Bake for at least 30 minutes until soft. Remove from the oven and cool. In a mixer blend together 2 cups of pumpkin [skins removed], spices, and salt. Beat in the eggs, honey, milk and cream. Pour this filling into the shell. Bake for 50 minutes or until a skewer comes out clean. Cool on a wire rack.
- ^{3°} Serve slightly warm with Greek yoghurt, lemon drizzle, lemon curd or freshly whipped cream. Delicious! NB If you want an easier option, you could substitute the gingernut base with pastry, however the nutritional analysis will be different.

NUTRITIONAL INFORMATION

	PER 100 g	PER 10 PORTIONS (120 g)	% DRI
ENERGY	307 kcal	368 kcal	18 %
FAT	20 g	24 g	37 %
FATTY ACIDS, TOTAL SATURATED	11 g	13 g	65 %
CHOLESTEROL	112 mg	135 mg	45 %
SODIUM	326 mg	392 mg	16 %
CARBOHYDRATE	31 g	37 g	12 %
SUGARS	19 g	23 g	—
FIBER	1 g	1 g	4 %
PROTEIN	3 g	4 g	—