

Pumpkin Pie in a Mug

By

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CookingForYourLifestyle.com

INGREDIENTS

1 egg*, whisked

1/4 teaspoon of [lemon juice](#) (instead of ¼ [vanilla](#))

4 Tablespoon of [organic coconut milk](#)

Stevia or xylitol, to taste (I use 1 T local honey. If you use stevia or xylitol, add another T of coconut milk to avoid a dry “cake”)

¼ cup [organic pumpkin](#)

1/4 cup of [almond flour](#)

1/4 teaspoon of [aluminum-free baking powder](#)

1/2 teaspoon of [cinnamon powder](#)

1/8 teaspoon [nutmeg](#)

1 pinch of [ginger](#)

1/4 teaspoon of [sea salt](#)

INSTRUCTIONS

1. Using a very small whisk or fork, stir in all the ingredients together in a mug. Treat like muffin-making; just mix enough to get everything mixed. If you stir too much, the “pie” will overflow your mug when you microwave it, so go easy on the stirring.

2. Cook for 2 minutes in the microwave on high.

3. Remove and eat straight out of the mug, or take out and put onto a plate. It’s quite hot right out of the microwave, so give it a few minutes to cool down. Since I prefer my pumpkin pie cold, I put the mug into the refrigerator and allow it to get cold before I eat it. Whatever your preference, it will be delicious.

4. This recipe is also used as the center filling in the Pumpkin Pie Florets or Crustless Pumpkin Pie recipe.

***NOTE:** You may not be able to tolerate almonds* and/or eggs* if you have an autoimmune disorder, depending on where you are in your healing. If you are rotating these foods back into your diet, go slowly and see how you feel. If you are traveling, this is very easy to “carry along” with your other foods you’ve prepared ahead of time. Simply make up “mixes” of all of your dry ingredients in a zip-lock bag. Take wet ingredients, and mix together. Pour into zip-lock bag and lay flat on a half sheet pan in the freezer until frozen. When packing the cooler, take egg mixture from freezer and use as part of your ice pack to keep things cold until your hotel arrival. Place in refrigerator until you are ready to use as a protein-packed quick meal or snack. Pour both bagged ingredients into a mug and put into the microwave, as above and enjoy.