



Instant Pot Keto Pumpkin Pie

Active Time: 5 minutes | **Total Time:** 30 minutes | **Serves:** 6

Nutrition Information Per Serving

121.9 calories, 31.37 g carbohydrate, 2.37 g fiber, 5 g NET carbs, 3.4 g protein, 9.22 g fat

Ingredients

- 12 Tbsp(s) Lakanto Original
- 1 tsp pumpkin pie spice
- 2 large(s) eggs
- 1/2 cup(s) heavy whipping cream
- 2 cup(s) canned pumpkin puree
- 1 tsp vanilla extract

Preparation

1. Grease a 6-inch pan and line the bottom with parchment paper.
2. In the inner liner of your Instant Pot, add one cup of water and the trivet.
3. In a medium bowl, add the pumpkin pie ingredients. Whisk well to combine.
4. Pour the pie mixture into the prepared pan. Cover the pan with a silicone lid or aluminum foil.
5. Transfer pan to Instant Pot, carefully placing pan onto trivet. Close and lock the lid. Set the valve to sealing.
6. Set the Pressure to HIGH and the time to 20 minutes. Allow pressure to release naturally for 10 minutes. Release all remaining pressure.
7. Remove lid, take pan out of Instant Pot. Transfer to refrigerator to chill for 6-8 hours.
8. Serve with homemade whipped cream.

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