

Shopping List to Make Homemade Pumpkin Pie - from a Real Pumpkin, Not a Can!

<http://www.pickyourown.org/pumpkinpie.php>

Ingredients

- a 6 to 8 inch diameter pie pumpkin (see step 1; you can use different types of pumpkin or even a butternut squash)
- 1 cup sugar (see step 10 for alternatives) (metric: 200 grams)
- 1.5 teaspoon ground cinnamon (metric: 3.8 grams)
- 1 teaspoon ground cloves (metric: 2 grams)
- 1 teaspoon ground allspice (metric: 2 grams)
- 1/2 teaspoon ground ginger (metric: 1.25 grams)
- Optional: 1/2 teaspoon mace (which you'll find in the very old pumpkin pie recipes)
- 1/2 teaspoon of vanilla extract (optional) (metric: 20 grams)
- 1/2 teaspoon salt (optional, I don't use any)
- 4 large eggs - to reduce fat and cholesterol, you may use egg whites (like "Egg Beaters) instead, and vegans may want to use Ener-G ([see this page for more information about egg substitutes](#))
- 1.5 cans (12oz each) of evaporated milk (I use the nonfat version) for best results. (metric: each can is about .35 liter, or about a half liter total))