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## How to Make Homemade Pumpkin Pie - from a Real Pumpkin, Not a Can, with No Added Sugar!



You probably take canned pumpkin for granted. You're there, the can is there, there's a pumpkin on the label... open it and mix it up with spices to make a pie, right? Ah, but a pumpkin pie made from a fresh pumpkin tastes so much better than the glop that was processed last year! And perhaps you are diabetic or otherwise need to cut down on sugar and carbs? Here's how to do it, complete instructions in easy steps and completely illustrated. And it is much easier than you think, using my "patented" tips and tricks!

### Ingredients and Equipment

- a pie pumpkin (see step 1)
- A sharp, large serrated knife
- an ice cream scoop
- a large microwaveable bowl or large pot
- Pie crust ([Click here for illustrated pie crust instructions!](#) they will open in a new window)
- See [step 9](#) for the spices and other ingredients

## Recipe and Directions

### Step 1 - Get your pie pumpkin



"Pie pumpkins" are smaller, sweeter, less grainy textured pumpkins than the usual jack-o-lantern types. Grocery stores usually carry them in late September through December in the U.S. Note: the Libby's can of cooked pumpkin is just there for reference - it is the small can, so that gives you an idea of the size of a typical pie pumpkin. They're only about 8 inches in diameter.

Just like selecting any squash, look for one that is firm, no bruises or soft spots, and a good orange color.

### Step 2 - Prepare the pumpkin for cooking

Wash the exterior of the pumpkin in cool or warm water, no soap.

Cut the pumpkin in half. A serrated knife and a sawing motion works best - a smooth knife is more likely to slip and hurt you!



### Step 3 - Scoop out the seeds...



And scrape the insides. You want to get out that stringy, dangly stuff that coats the inside surface. I find a heavy ice cream scoop works great for this.

Note: SAVE THE SEEDS:

The seeds can be used either to plant pumpkins next year, or roasted to eat this year! Place them in a bowl of water and rub

them between your hands. then pick out the orange butts (throw that away) and drain off the water. Spread them out on a clean towel or paper towel to dry and they're ready to save for next year's planting or roast. [Click here for roasting instructions!](#) (opens in a new window)

#### **Step 4 - Put it in a microwaveable bowl**

Remove the stem, and put the pumpkin into a microwaveable. You may need to cut the pumpkin further to make it fit. The fewer the number of pieces, the easier it will to scoop out the cooked pumpkin afterwards.

Put a couple of inches of water in the bowl, cover it, and put in the microwave.



#### **Step 5 - Cook the pumpkin until soft**



Cook for 15 minutes on high, check to see if it is soft, then repeat in smaller increments of time until it is soft enough to scoop the innards out. Normally it takes 20 or 30 minutes in total.

Note: You *CAN* cook it on the stovetop; it will just take longer (almost twice as long)

#### **Step 6 - Scoop out the cooked pumpkin**

Using a broad, smooth spoon, (such as a tablespoon) gently lift and scoop the cooked pumpkin out of the skin. It should separate easily in fairly large chunks, if the pumpkin is cooked enough.



## Step 7 - Puree the pumpkin



To get a nice, smooth consistency, I use a Pillsbury hand blender. A regular blender works, too (unless you made a few frozen daiquiris and drank them first..). Or even just a hand mixer with time and patience.

With the hand blender, it just takes 2 or 3 minutes!

## Step 7 - Done with the pumpkin!

The pumpkin is now cooked and ready for the pie recipe. Get the frozen daiquiris out from step 7 and take a break! :)



## Step 8 - Make the pie crust



Yes, I know there are ready-made pie crusts in the frozen section at the store, but they really are bland and doughy. A flaky crust is easy to make!~

It is also time to start preheating the oven. Turn it on and set it to 400 F (200 C, for those in Europe)

[Click here for illustrated pie crust instructions!](#)

(it will open in a new window)

## Step 9 - Mix the pie contents

All the hard work is behind you! Here's where it gets really easy. If you start with a fresh 8" pie pumpkin, you will get about 3 cups of cooked, mashed pumpkin. The right amount of ingredients for this is as follows:



- 1 cup Splenda  
(Note: don't use NutraSweet [aspartame]. It won't work, as it breaks down when you cook with it)
- 1.5 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground allspice
- one half teaspoon ground ginger
- one half teaspoon salt (optional, I don't use any)
- 4 large eggs
- 3 cups pumpkin glop (ok... "sieved, cooked pumpkin")
- 1.5 cans (12oz each) of evaporated milk (I use the nonfat version)

Mix well using a hand blender or mixer.

## Step 10 - Pour into the pie crust



I like a deep, full pie, so I fill it right up to about one quarter to one half inch from the very top.

### Step 11 - Bake the pie

Bake at 425 F (210 C ) for the first 15 minutes, then turn the temperature down to 350 F ( 175 C ) and bake another 45 to 60 minutes, until a clean knife inserted into the center comes out clean.

Here is the finished pie, right out of the oven:

I use a blunt table knife to test the pie. The below has already been stuck in the pie, and you see it comes out pretty clean, when the pie is done.



### Step 12 - Cool the pie

And enjoy! Especially with whipped cream!

