
PUMPKIN PIE CAKE THM (S)

SERVES: 12-15

INGREDIENTS

For the pumpkin pie "filling":

- 1 cup salted butter (2 sticks), room temperature
- 2/3 cup THM Super Sweet Blend
- 2 cans of pumpkin, 15 oz. each (or one 29 oz. can)
- 6 eggs
- 2 tsp vanilla
- 2 cups THM Baking Blend (or 1 cup coconut flour)
- 2 tsp baking powder
- 2 tsp pumpkin pie spice
- 1 tsp cinnamon

For the crust topping:

- 1/2 cup oat fiber (NOT oat flour)
- 1/2 cup coconut flour
- 1/2 cup vanilla whey protein powder (I use Jay Robb Vanilla Whey Protein Isolate)
- 1/4 cup THM Super Sweet Blend (or equivalent on-plan sweetener)
- 1/2 tsp sea salt
- 4 tsp baking powder
- 4 tsp glucomannan
- 1 cup salted butter, melted



PREPARATION

Preheat oven to 350°. Spray 9x13 cake pan with coconut oil cooking spray.

In a large bowl, cream together softened butter and sweetener. Stir in pumpkin, eggs, and vanilla. Mix well. Add baking blend, baking powder, and spices, stirring to combine thoroughly. Pour this mixture into prepared 9x13 pan and spread out.

In a separate bowl, combine oat fiber, coconut flour, whey protein powder, sweetener, salt, baking powder, and glucomannan. Mix well. Sprinkle this dry mixture over the pumpkin. Drizzle 1 cup of melted butter over dry cake mix. Bake at 350° for 50-60 minutes or until a toothpick inserted in center comes out clean. Allow to cool before serving. Serves well with homemade whipped cream or THM-compatible ice cream.

As written, this recipe serves 12-15. It can easily be halved and baked in a 9x7 pan for 45 minutes to serve 6-8.

<https://flowerkraut.com/2019/10/04/pumpkin-pie-cake/>