

# Mini Pumpkin Pies

with doTERRA essential oils

**Servings:12**

**Cook Time:45 min**

**Prep Time:15 min**

**Difficulty:Easy**

## Ingredients:

2 cups pureed pumpkin  
1 large egg  
¼ cup egg whites  
½ cup milk of choice  
3 teaspoon melted butter or coconut oil  
⅓ cup brown sugar or honey  
2 tablespoons vanilla extract  
¼ teaspoon ground nutmeg  
2 drops Clove oil  
2 drops Ginger oil  
3 drops Cassia or Cinnamon bark oil  
1 uncooked pie crust



## Instructions:

1. Preheat oven to 350° F.
2. Take pie crust and cut out circles to fit inside greased muffin tin. Don't roll the dough out too thin or else the pie will fall apart after its cooked.
3. In a blender or food processor, blend all ingredients until smooth.
4. Evenly divide the pie filling into pie crust.
5. Bake for 30–45 minutes or until crust lightly browns and when a toothpick inserted into the pies come out clean.
6. Let sit for 10 minutes, or until cool. Gently remove from pan and refrigerate.

## Tips:

If you want to make a whole pie rather than mini pies, this recipe will make one medium sized pie.