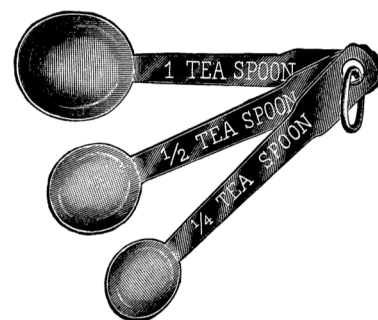


# Classic Pumpkin Pie

with essential oils

Get ready for the Holiday season. This a great version of the classic pumpkin pie using Young Living Vitality Oils, demonstrating the versatility of these fantastic oils.



Serves 8

Prep / Cooking: 2 hours

## Ingredients

- 1 Prepared 9" pie crust
- 1 cup sugar
- 1/4 teaspoon salt
- 1-1/2 cups canned pumpkin
- 2 drops Cinnamon Vitality™
- 1 drop Nutmeg Vitality™
- 1 drop Clove Vitality™
- 1 drop Ginger Vitality™
- 3 eggs, separated
- 1 cup sour cream

## Directions

1. Combine sugar, salt, pumpkin and essential oils
2. Separate eggs, reserving whites, beat egg yolks well.
3. Stir egg yolks into pumpkin mixture.
4. Add sour cream and mix.
5. Beat egg whites until soft peaks form. Fold into pumpkin mixture.
6. Pour into unbaked pie crust.
7. Bake 10 minutes at 450°, then lower oven temperature to 350°. Bake 1-1/2 hours longer. Cool before serving.

Serve with whipped cream if desired.

