

Pumpkin Pie Dump Cake

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If cut into 15 servings:

Blue-3 points

Purple – 3 points

Green – 4 points

If cut into 12 servings:

Blue – 4 points

Purple – 4 points

Green – 5 points

Pie Layer

- 1 15 oz can pure pumpkin puree
- 3/4 cup skim milk
- 3/4 cup cashew or almond milk
- 3 large eggs
- 1 cup sugar substitute (I use Lakanto Monkfruit Classic)
- 1 tsp cinnamon

Cake Topping

- 1 box sugar free yellow cake mix
- 2 tsp ground cinnamon
- 1 tsp nutmeg

- 1/2 tsp ground ginger
- 1/2 tsp cloves
- 1 cup egg whites
- 1/3 cup light butter, melted

1. Preheat oven to 350.
2. Spray a 9×13 pan with non stick spray, set aside
3. Melt 1/3 cup of light butter and sit aside so it will cool down

Pumpkin Pie Layer

1. In a large bowl, combine pumpkin puree, skim milk, cashew milk, eggs, sugar and cinnamon.
2. Whisk until well combined. Set aside

Cake Topping

1. In another large bowl, mix together cake mix, cinnamon, nutmeg, ginger and cloves.
2. Whisk until the spices are evenly distributed throughout the cake mix. Set aside

Assembly

1. Pour pumpkin pie mixture into the 9×13 pan.
2. ***See note below for an alternate way to do the next step!
3. Spoon/sprinkle the cake mixture over the pumpkin pie filling
4. Combine the egg whites and the melted butter, whisk well.

5. Pour egg white mixture over the cake mix, trying to make sure it is almost all "wet". **see note below for alternate method**
6. Bake cake in 350 degree oven for 50-60 minutes. Mine took 60.
7. Let cook on a wire rack for 30 minutes and then refrigerate until thoroughly chilled. Serve chilled with a dollop of whipped cream.
8. *****Note – as an alternative to sprinkling the dry mix on and pouring the egg white/butter mixture over, you can mix the eggs with the cake mix and make a crumb topping and crumble that on top of the pumpkin pie mixture.***** See my video linked below to understand more of what I am talking about!