Perfect Pumpkin Pie in a Mug with Whipped Cream

By Jacy Shoener

Prep Time 25 / **Cook Time** 2 / **Serves** 1 - 1

Fun-Da-Mentals Kitchen Skills

crack: to break open or apart a food to get what's inside, like an egg or a coconut.

crush: to put pressure on a food, like a garlic clove, to break the skin and release its flavor; or to pulverize or grind a food, like a cracker, into small particles with your hands, blender, or food processor.

dollop: to add an unspecified blob of food to the top of another food, like dolloping whipped cream on top of a piece of pie.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

mix: to thoroughly combine two or more ingredients until uniform in texture.

shake: to rapidly and vigorously move a covered container filled with food up and down and side to side to combine ingredients and create a different consistency, such as shaking whipped cream to make butter.

Equipment

☐ Microwave

☐ Microwave-safe mug

☐ Potholder

☐ Sandwich-size resealable bag

☐ Cereal bowl

☐ Measuring spoons

☐ Spatula

☐ Jar or container + tight-fitting lid

☐ Liquid measuring cup

Ingredients

Perfect Pumpkin Pie in a Mug with Whipped Cream

☐ 1 graham cracker **(for GLUTEN ALLERGY sub 1 to 2 gluten-free/nut-free graham crackers or ginger snaps)**

☐ 2 oz or 4 T cream cheese **(for DAIRY ALLERGY sub dairy-free/nut-free cream cheese)**

☐ 1 T pumpkin purée

☐ 1 egg **(for EGG ALLERGY sub 1 T chia seeds + 2 1/2 T milk or dairy-free/nut-free milk, stirred)**

☐ 2 T brown sugar

☐ 1/2 tsp pumpkin pie spice

☐ 1 dash cinnamon

☐ Whipped cream:

☐ 1/4 C heavy cream **(DAIRY ALLERGY: sub dairy-free/nut-free heavy cream)**

☐ 1 tsp powdered sugar

☐ 1/2 tsp pure vanilla extract **(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)**

Food Allergen Substitutions

Perfect Pumpkin Pie in a Mug with Whipped Cream

Gluten/Wheat: For 1 graham cracker, substitute 1 to 2 gluten-free/nut-free graham crackers or ginger snaps. Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.
Dairy: Substitute dairy-free/nut-free cream cheese. Substitute dairy-free/nut-free heavy cream.
Egg: For 1 egg, substitute 1 T chia seeds + 2 1/2 T milk or dairy-free/nut-free milk, stirring until the chia seeds are puffy and absorbed into the milk.

Instructions

Perfect Pumpkin Pie in a Mug with Whipped Cream

crush

Place **1 graham cracker** into a sandwich-size resealable bag. Crush the cracker into coarse crumbs using your hands or a rolling pin. Add the crumbs to the bottom of a microwave-safe mug.

measure + soften

Measure **2 ounces or 4 tablespoons of cream cheese** and add it to a cereal bowl. Soften the cream cheese using a spatula.

crack + measure + mix

Crack **1 egg** and add it to the bowl. Then, measure and add: **1 tablespoon pumpkin purée**, **2 tablespoons brown sugar**, **1/2 teaspoon pumpkin pie spice**, and **1 dash of cinnamon**. Mix using a spatula until the batter is smooth.

transfer + microwave

Transfer the batter into the microwave-safe mug. Cook on high for 1 1/2 to 2 minutes until the pie is set.

cool

Place the mug into the refrigerator to cool and set for at least 15 minutes, while you make the Whipped Cream.

measure + shake

Measure the following into a jar or container with a tight-fitting lid: **1/4 cup heavy cream**, **1 teaspoon powdered sugar**, and **1/2 teaspoon vanilla extract**. Shake until the liquid stops sloshing and the contents are the consistency of whipped cream (not butter!).

dollop + serve

Dollop on top of the Pumpkin Pie and enjoy! You can also try serving it with a **Pumpkin Spice Latte**!

Featured Ingredient: Pumpkin!

Hi! I’m Pumpkin!

"I'm orange, round, like to sit on your porch making faces in the Fall, and I'm good to eat! I'm a pumpkin! Of course, not all pumpkins are orange. We can be white, red, yellow, tan, blue, dark green, and even black! We're not always round, either! We might be tall and oblong or short and squat. We love it when families come to the pumpkin patch to pick out their favorite pumpkin to take home!"

History

The pumpkin is a winter squash that is believed to have originated in Central America. Seeds from pumpkins were found in the highlands of Oaxaca, Mexico, dating back to 7000 to 5500 BCE, about 9,000

years ago!
Now, pumpkins are grown on six continents. The only continent that can't grow pumpkins is Antarctica!
Native Americans were eating pumpkins for centuries before European colonists arrived. They ate pumpkin seeds, used them as medicine, and made mats from flattened and dried strips of pumpkins.
Archaeologists have found pumpkin residue among the 800-year-old ruins of the Ancestral Pueblo people.
A pumpkin is not the same as a Jack-o-Lantern. A pumpkin is only a Jack-o-Lantern once it's carved!
Carving pumpkins into Jack-o-Lanterns is a tradition that started hundreds of years ago in Ireland. The Irish used to carve turnips, but when Irish immigrants arrived in North America and found pumpkins aplenty, they began to use those instead.
Pumpkins were once endorsed as a remedy for freckles and snake bites. As if we need a cure for freckles!
According to Guinness World Records, Stefano Cutrupi of Italy harvested the heaviest pumpkin on September 26, 2021. His humongous pumpkin weighed over 2,702 pounds.

Anatomy & Etymology

Why are pumpkins orange? Before a pumpkin matures, it's green in color due to the presence of chlorophyll, a green-pigmented nutrient required for the pumpkin to absorb and use sunlight for energy and food. However, as a pumpkin matures, it develops phytonutrients called "carotenoids," which give a pumpkin its bright orange color.
The stem of a pumpkin is often referred to as its "handle."
Thin, hairlike "tendrils" are often attached to the pumpkin's stem. As it grows, the pumpkin's tendrils cling to the vine and are green in color. These tendrils attach to and wind themselves around fences, posts, other plants, and objects on the ground to anchor the vine and protect the plant from the wind.
Leaves grow on the pumpkin's vine and absorb sunlight to provide energy for the plant and its fruit.
We collectively refer to the pumpkin's outer skin and inner fruit as the pumpkin's "shell." Ribs are the indentations around the outside of the pumpkin's shell.
The meat of the pumpkin is called the "pulp," or sometimes affectionately referred to as "pumpkin brains!"
Attached to the pulp are lots of pumpkin seeds that can be cleaned, dried, and roasted with salt (delicious!). The inner part of each pumpkin seed contains a nut (technically, the "germ" of the seed), and this is what eventually develops into a new pumpkin.
The word "pumpkin" originated from the Greek word for "large melon," which is "pepon." The French called it "pompon." The English used "pumpion." And, American colonists changed "pumpion" into "pumpkin."

How to Pick, Buy, & Eat

A pumpkin is used as a vegetable in cooking, but it's actually a fruit! It's a member of the Cucurbita family, which includes squash and cucumbers.
Pumpkin flowers and seeds are edible.
Undoubtedly the most popular recipe that uses pumpkins is pumpkin pie. But pumpkin pulp can be used

for everything from baked goods to soups to ice cream, pudding, and even beer!
You can store uncut pumpkins for up to 60 days in a cool, dark place!

Nutrition

Pumpkins contain potassium, vitamin C, soluble fiber, and beta carotene.
Vitamin C and beta carotene are two powerful antioxidants that help protect cell membranes and the immune system.
Potassium is good for circulation and healthy blood pressure, and it's great for bones. It also helps take blood pumped from hearts through arteries and veins to muscles and organs.
Beta carotene is great for the health of our eyes! The body takes beta carotene and converts it to vitamin A, which our eyes need to stay healthy. When this happens, it signals the immune system to create white blood cells, which help the body fight off infection.
Soluble fiber is so good for our digestive systems! Fiber also helps slow the absorption of blood sugar into our tissues.