World’s Best Pumpkin Pie Ingredients

Graham Cracker Crust
All-purpose flour - ¾ cup (116 gm)
Whole wheat flour - 1.5 cup (211 gm)
Brown sugar - ¼ cup (60 gm)
Fine sea salt - ½ tsp (2 gm)
Baking powder - 1 tsp (4 gm)
Ground cinnamon - 1.5 tsp (4 gm)
Whisky business
1 large whole egg
Whole milk - 3.5 tbsp (50 ml)
Honey - ¼ cup (80g)
Neutral-tasting oil evoo - 3 tbsp (42 gm)

Pumpkin Pie Filling
Roasted pumpkin puree - 15 oz (425 gm) (or a 15 oz can)
Caramelized milk and cream (sweetened condensed milk) - 1 ¼ cup (396 gm)
2 eggs 1 egg yolk 1.5 teaspoon
Ground cinnamon - (3 gm)
Ground ginger - 1 tsp (2 gm)
Ground cloves - ¼ tsp (1 gm)
Vanilla extract - 2 tsp (6 gm)
Sea salt - ½ tsp (2 gm)
Fresh grated nutmeg - ¼ teaspoon (much less than 1 gm)