

Frozen Pumpkin Mousse Pie

Heart Healthy Recipe of the Month

Source: <http://www.eatingwell.com>

Number of Servings: 10

Serving Size: 1 slice

Ingredients:

Crust

- 30 small ginger snap cookies
- 2 tsp. raisins
- 1 Tbsp. canola oil

Filling

- 1 C canned pumpkin puree
- 1/3 C packed brown sugar
- 1/2 tsp. ground cinnamon
- 1/4 tsp. ground ginger
- 1/4 tsp. freshly grated nutmeg
- 2 pints (4 C) frozen, low-fat vanilla ice cream softened

Directions

1. Preheat oven to 350 degrees . Coat 9" pie pan with cooking spray.
2. Combine ginger snaps, raisins in a food processor until finely chopped. Add oil and pulse until blended. Press evenly into pie pan. Bake for 10 minutes and set aside to cool completely.
3. Combine pumpkin, sugar, cinnamon, ginger, and nutmeg in a large bowl and mix well. Add ice cream and stir until blended. Spoon mixture into pie crust. Freeze until firm, at least 2 hours. Let the pie soften in the fridge for 20 minutes before serving.

Nutrition Content:

- Calories: 230
- Total fat: 5g
- Cholesterol: 4mg
- Sodium: 179 mg
- Total fiber: 4g
- Protein: 2g
- Carbohydrates: 42g