

Low Fat Pumpkin Pie

Heart Healthy Recipe of the Month

You can have your pie and eat it too with this low fat version of classic pumpkin pie!

Source: <http://www.mealsmatter.org> Number of Servings: Four 1 1/4 C servings

Ingredients:

(crust)

- 3/4 C. crushed ginger snaps
- 1/2 C. crushed graham cracker
- 1tbsp. Sugar
- 1tbsp. Flour
- 3 tbsp. butter, melted

(pie filling)

- 1 16 oz. can pumpkin
- 1/2 C. dark brown sugar, packed
- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/2 tsp. ground nutmeg
- 3/4 C. refrigerated, or frozen egg product, thawed
- 1C. Evaporated, skim milk

Directions

1. Combine ginger snaps, graham cracker, sugar, flour, crackers, and melted butter in 9 inch pie plate and mix. Using a fork, pat crumbs to bottom and sides of pie plate. Chill for 1 hour or until firm.
2. Combine pumpkin, brown sugar, ginger, cinnamon and nutmeg in a mixing bowl.
3. Blend in egg product and gradually stir in evaporated milk.
4. Pour in prepared pie shell. Cover with foil and bake at 375 degrees for 30 minutes
5. Remove foil and bake for 10-15 minutes or until pie remains firm in the center when shaken.

Nutrition Content:

- Calories: 262
- Total fat: 8.5g
- Saturated fat: 2g
- Calcium: 150 mg
- Sodium: 313 mg
- Total fiber: 3 g
- Protein: 8 g
- Carbohydrates: 41 g