

Best Lite Pumpkin Pie

This recipe ALWAYS receives rave reviews. It contains 190 calories and 2.5 grams of fat versus the 316 calories and 14 grams of fat in a slice of traditional pumpkin pie.

Crust:

12 gingersnaps
1 lowfat cereal bar

Pie:

1 16 ounce can pumpkin
1/2 cup egg whites or nonfat egg substitute
1/2 cup sugar
1/2 - 1 Tbsp pumpkin pie spice
1 12 ounce can evaporated skim milk

Preheat oven to 350 degrees. Lightly spray a glass 9 inch pie pan with oil. Combine gingersnaps and cereal bars in blender or food processor. Pulse until fine. Form the crust by lining the pie pan with crumbs but not all the way to the top edge. Combine the rest of the ingredients in a medium-sized mixing bowl. Pour into crust, going over the edge of the crust slightly - this prevents the crust from burning. Bake in the bottom of the oven until a toothpick inserted in the center comes out clean, about 30-40 minutes. Allow to cool slightly; cut into 8 wedges and serve warm. Refrigerate leftovers immediately. This pie is delicious with a spoonful of nonfat vanilla yogurt or nonfat whipped cream spooned over the top.

Hint - you can make your own pumpkin pie spice with 2 teaspoons of ground cinnamon and a 1/2 teaspoon each of ground ginger, ground nutmeg and ground cloves. Add half of this mixture to start and more as needed according to your personal preference.

Serves 8

Nutritional Information

per serving = 1/8th slice

190 calories
2.5 g fat
0 g saturated fat
0 cholesterol
170 mg sodium
35 g carbohydrate
2 g fiber
19 g sugars
7 g protein
130% DV vitamin A

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6% DV vitamin C
15% DV calcium
10% DV iron

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