



Light Pumpkin Pie

Shine 365
Marshfield Clinic

PREP TIME: 20 minutes • **BAKE TIME:** 45 minutes • **SERVINGS:** 8

INGREDIENTS

- 16 ginger snap cookies
- 16-ounce can pumpkin
- 1/2 cup low-cholesterol egg substitute
- 1/3 cup sugar
- 12-ounce can evaporated skim milk
- 2 teaspoons pumpkin pie spice
- 1/3 cup Splenda® sweetener

INSTRUCTIONS

Heat the oven to 350 F. Grind ginger snaps in food processor. Lightly spray a glass pie pan with cooking spray. Pat cookie crumbs evenly into the bottom of the pan. Mix remaining ingredients together and pour into the crust. Bake until knife comes out clean, about 45 minutes. Remove from oven and cool to room temperature; refrigerate. Cut into 8 pieces.

Optional: Serve with fat-free whipped topping.

NUTRITION INFORMATION

Each serving contains about 165 calories;
6 g protein; 170 mg sodium; 32 g carbohydrates;
2 g fiber