

Pumpkin Pie

This pumpkin pie saves 151 calories and 12 grams of fat per slice from the traditional version and it tastes identical!

1	cup	ginger snaps
16 ounce	can	pumpkin
1/2	cup	egg whites (about 4)
1/2	cup	sugar
2	teaspoons	pumpkin pie spice (cinnamon, ginger, cloves)
12 ounce	can	evaporated skim milk

Preheat the oven to 350 degrees. Grind the cookies in a food processor. Lightly spray a 9-inch glass pie pan with vegetable cooking spray. Pat the cookie crumbs into the pan evenly. Mix the rest of the ingredients in a medium-sized mixing bowl. Pour into the crust and bake until knife inserted in center comes out clean, about 45 minutes. Store in the refrigerator.

Allow to cool and slice in 8 wedges. Optional: serve each wedge with fat free whipped cream.

Serves 8. Each slice: 165 calories, 1.5 g fat, .5 g saturated fat, 1.5 mg cholesterol, 170 mg sodium, 32 g carbohydrate, 2 g fiber, 6 g protein. Diabetic Exchange: 2 bread.

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Our office will be CLOSED and there will be no paper on Thursday, Nov. 24, to observe the holiday.

We will be back and ready to deliver your Free Press on Friday, Nov. 25!



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