



The Right Bite **Light Pumpkin Pie**

10 Servings Ingredients

You'll Need:

2 cups canned pumpkin
2 eggs or 1/2 cup egg substitute or 4 egg whites, slightly beaten
3 tablespoons brown sugar
12 packets aspartame (Equal)
1/4 teaspoon salt (optional)
1 teaspoon ground cinnamon
1/2 teaspoon ginger
12 ounces of evaporated skim milk
10 inch unbaked pie crust

Take Out:

Dry measuring cups
Spatula
Measuring spoons
Large mixing bowl
Electric mixer
Knife

Directions:

1. Preheat oven to 425 degrees.
2. Combine first 8 ingredients beginning with pumpkin and ending with evaporated milk.
3. Pour into pie shell.
4. Bake at 425 degrees for 10 minutes.
5. Reduce oven temperature to 325 degrees and continue baking for another 45 minutes or until knife inserted into center comes out clean.
6. Cool.

Nutrition Facts per Serving:

Calories	163
Carbohydrate	22 grams
Fat	7 grams
Sodium	198 mg
Protein	6 grams

Exchanges: 1 starch, 1 vegetable, 1 fat