

SKINNY PUMPKIN PIE

INGREDIENTS:

- 15 oz canned pumpkin (or homemade pumpkin puree)*
- 2 tbsp whipped butter, softened
- 3/4 cup light brown sugar, unpacked
- 1/2 cup fat free milk
- 1 large egg
- 2 large egg whites
- 1/2 teaspoon pumpkin pie spice
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 tsp vanilla extract
- 1 frozen pie crust sheet, Pillsbury (thawed to room temperature)*



DIRECTIONS:

1. Preheat oven to 350°F.
2. Lightly dust a large cutting board or flat surface with flour. Roll out a room temperature pie crust sheet, so that it becomes thin enough to cut off about 30%, so that your final crust is 5 oz.
3. Place into a 9-inch pie dish, cutting off excess dough.
4. Place pumpkin puree in a large bowl. Add butter, and mix well.
5. Using an electric mixer, mix in brown sugar, milk, eggs, egg whites, pumpkin pie spice, cinnamon, nutmeg and vanilla. Beat on medium speed until mixture is smooth.
6. Pour filling into unbaked pie crust. Bake about 70 to 75 minutes, or until knife inserted in center comes out clean.
7. Cut into 10 slices and serve with whipped coconut cream or whipped cream if desired.

NUTRITION INFORMATION Yield: 10 Servings, Serving Size: 1 slice

Amount Per Serving: Calories: 137 | Total Fat: 5g | Saturated Fat: g | Cholesterol: 23.5mg
Sodium: 114mg | Carbohydrates: 25g | Fiber: 1.5g | Sugar: 16.5g | Protein: 3g