



Pumpkin Pie

8 servings

Pie Filling:

1 can (16 oz.) pumpkin
2 tsp. pumpkin pie spice
1 can (12 oz.) evaporated skimmed milk
 $\frac{3}{4}$ tsp. baking powder
 $\frac{1}{2}$ cup egg substitute, 3 egg whites or 2 eggs
 $\frac{1}{8}$ tsp. salt
 $\frac{1}{2}$ cup sugar
2 tsp. grated orange peel
 $\frac{1}{2}$ cup flour
nonstick cooking spray

Brown Sugar Topping:

$\frac{1}{4}$ cup brown sugar, packed
 $\frac{1}{4}$ cup quick-cooking oats
1 Tbsp. margarine softened

- Preheat oven to 350°F. In small bowl, mix brown sugar topping ingredients together. Set Aside.
- Spray 10" pie plate with cooking spray. In food processor or blender, mix the pie filling ingredients together until smooth. Pour filling into pie plate and sprinkle with topping.
- Bake 50-55 minutes or until a knife inserted into the center comes out clean. Cool for 15 min. Refrigerate about 4 hours before serving.

Nutritional information:

Calories: 173	Total fat: 2.4g
Saturated fat: .67g	Carbohydrates: 33g
Fiber: 2.3g	Protein: 5.9g