

Crustless Pumpkin Pie

1 16-ounce Can Solid Pack
Pumpkin

1 12-ounce Can Evaporated
Skim Milk, Undiluted

2 Whole Eggs

2 Egg Whites

$\frac{3}{4}$ Cup Granulated Sugar

1 tsp Ground Cinnamon

$\frac{1}{4}$ tsp Ground Allspice

$\frac{1}{4}$ tsp Ground Ginger

$\frac{1}{8}$ tsp Salt

$\frac{1}{2}$ Cup Graham-Cracker or
Vanilla Wafer Crumbs

1 Cup Whipped Cream

In a large bowl, combine pumpkin, evaporated milk, eggs and egg whites. Beat until blended and smooth. Mix in sugar, cinnamon, all spice, ginger and salt; blending well. Stir in crumbs. Spray high sided 9-inch pie plate with nonstick cooking spray. Pour pie filling into pie plate. Bake in preheated 325° oven 45-55 minutes, until a knife inserted near center comes out clean. Cool pie on wire rack and refrigerate overnight. Cut in wedges and serve with a small dollop of whipped cream.

Nutrition Information

Calories: 166

Protein: 5g

Carbohydrate: 27g

Total Fat: 9g

Saturated Fat: 5g

Dietary Fiber: 1g

Cholesterol: 70mg

Sodium: 125mg