THIS WEEK'S RECIPE

As seen on hdnews.net

Cooking with Carla

Crustless Pumpkin Pie

Yield: 8 servings
1 can (15 ounces) 100% solid pack pumpkin
1 can (12 ounces) evaporated skim milk
½ cup egg substitute (Optional: Use 2 whole eggs instead of egg substitute, if desired)
2 egg whites
¾ cup artificial sweetener for baking (or the amount that is equivalent to ¾ cup sugar)
1¼ teaspoons ground cinnamon
¼ teaspoon ground allspice
¼ teaspoon ground ginger
⅛ teaspoon salt
½ cup graham cracker crumbs (about 6 squares, crushed)
8 spoons-full light whipped topping and additional cinnamon, if desired

1. Wash your hands and work area
2. In a mixing bowl, stir together pumpkin, milk, egg substitute and egg whites
3. In a small bowl, mix the sweetener, spices and salt. Add to the pumpkin mixture and stir until smooth
4. Add graham cracker crumbs. Mix well
5. Pour into a 9 inch pie pan that has been coated with nonstick cooking splay
6. Bake at 325° F, for 50-55 minutes, or until a knife inserted near the center comes out clean
7. Cool If desired, serve with a spoonful of light whipped topping and a sprinkling of cinnamon
8. Cover and refrigerate leftovers within 2 hours

CUT OUT

Nutrition Facts

Serving Size 1 slice (132g)
Servings Per Container 8

Amount Per Serving	
Calories 110	Calories from Fat 15
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 7g	

Vitamin A 160% • Vitamin C 0%
Calcium 15% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Location of Ingredients

(at Walmart)

ITEM	AISLE
Pumpkin	8
Evaporated Skim Milk	Dairy
Egg Substitute	Dairy
Egg	Dairy
Artificial Sweetener	8
Cinnamon	8
Allspice	8
Ginger	8
Salt	8
Graham Cracker	7
Whipped Topping	1

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