

Pumpkin Pie

Dessert doesn't get much easier (or tastier) than this full flavor, low fat Pumpkin Pie!

Ingredients:

- 1 low-fat graham cracker crust
- 1 16 oz can of pure pumpkin
- ½ cup egg whites
- ½ cup sugar
- 1 Tbs pumpkin pie spice
- 1 12 oz can fat free evaporated milk

Method:

- Preheat oven to 350° F.
- Blend pumpkin, egg, sugar, spice, and milk with a mixer or in a blender until all ingredients are incorporated and smooth.
- Pour pumpkin mixture into crust.
- Bake at 350° for 45 – 55 minutes.
- Pie is done when center is firm.

