

## RECIPE FOR LIGHT AUTUMN PUMPKIN PIE

### Filling

1 can pumpkin

1/2 cup of egg substitute OR 2 egg white and one yolk

1/2 cup sugar plus 6 packets of Equal

1 tsp of cinnamon, ginger, cloves

1/4 teaspoon nutmeg

1 - 12 ounce can of skimmed evaporated milk

Mix pumpkin with eggs then add milk. Mix dry ingredients and carefully add to wet.

### Crust

1 1/4 cups all purpose flour

1/4 teaspoon salt

3 Tablespoons of low-fat margarine OR refrigerated butter spray (0 calories type)

4 Tablespoons of ice water

2 - 9 " pie plates

Combine ingredients, form ball, roll out between two pieces of waxed paper that have been lightly dusted with flour.

Spray pie plate with no-calorie cooking spray and carefully transfer crust. Fill with prepared filling and place into a 425 degree preheated oven for about 10 minutes. Reduce the heat to 350 degrees and cook for about 30 minutes longer.

Slice chilled pie and top with the lite topping and a small dusting of cinnamon if desired.

Makes 2 pies, or 16 servings for about 150 calories per slice. Enjoy!