

SURPRISE PUMPKIN PIE

“Surprise” because it makes its own crust. What a time and fat saver! This pie is so fast that you can have it in the oven in less than 10 minutes. It's delicious and beta-carotene rich. Why not serve it all year round?

Serves 8 *9” DEEP DISH PIE

Preheat oven to 350 degrees.

2 eggs or 4 egg whites or ½ cup egg substitutes

¾ cup sugar

½ cup reduced-fat Bisquick brand mix

1 ½ cups pumpkin, canned

2 tsp pumpkin pie spice (or 1 tsp cinnamon, ½ tsp ginger, ¼ tsp cloves, and ¼ tsp nutmeg)

¼ tsp salt

1 can (13 oz) evaporated skim milk

Mix all ingredients in a blender or food processor for 2 minutes.

Spray a 9” pie plate (preferably glass) with nonstick cooking spray.

Pour in batter.

Bake at 350 degrees for 50-60 minutes, or until firm.

Cool completely before cutting. Serve with fat-free ice cream or yogurt, fat-free whipped cream, if desired.

*This recipe makes either (1) 9” deep dish (4 cup volume) or (2) shallow dish (2 cup volume) pies. If making the (2) shallow pies, adjust baking time to 35 to 45 minutes. Nutrition information per slice will be ½ of what is listed below.

Exchange values: 2 starch, 1 Vegetable

Nutrition information for – 1 slice (1/8)

Calories 175

Calories from fat 9%

Fat 2 grams

Saturated fat < 1 gram

Fiber 1.4 grams

Cholesterol 55 milligrams

Sodium 240 milligrams

Protein 6.5 grams

Total Carbohydrate 34 grams

Sugars 20 grams

Recipe taken from: Lickety-Split Meals FOR HEALTH CONSCIOUS PEOPLE ON THE GO!

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