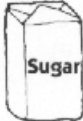


















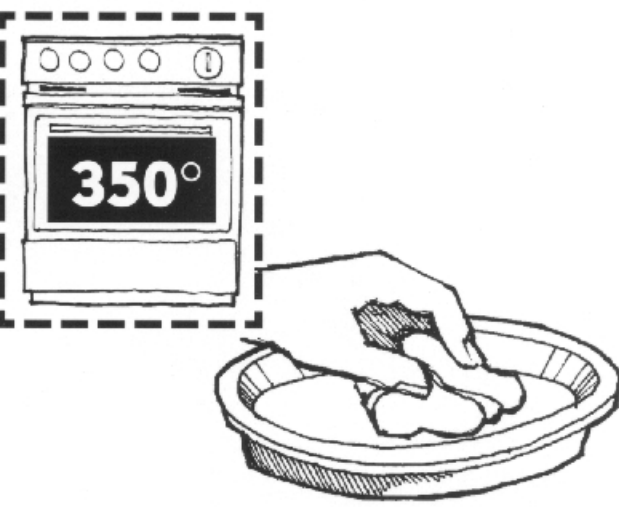
Crustless Pumpkin Pie

Ingredients

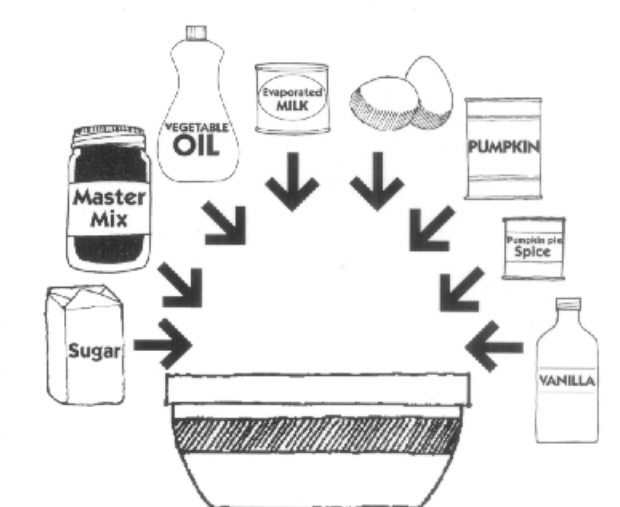
Makes 6-8 servings

- 3/4 cup sugar 
- 1/2 cup Master Mix 
- 2 Tablespoons vegetable oil   
- 1 can (13-oz.) non-fat evaporated milk 
- 2 eggs 
- 1 can (16-oz.) pumpkin 
- 3 1/2 teaspoons pumpkin pie spice     
- 2-3 teaspoons vanilla    

1 Preheat the oven to 350°F and lightly grease a 9 or 10 inch pie plate.



2 Combine all ingredients in a medium mixing bowl or a blender.



Recipe Source: Oregon EFNEP Curriculum.

9/99

Original format created by Janice Smiley, MPA, Extension Educator, Adult and 4-H Nutrition, Multnomah County.

Adapted and translated for use with Spanish speaking audiences by Lynn Myers Steele, MPH, Extension Educator, and Nutrition Assistants, Oregon Family Nutrition Program (OFNP), Hispanic Office, Multnomah County, 1996.

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Crustless Pumpkin Pie

- 3** Beat 2 minutes with a mixer until smooth, or blend in the blender on high for one minute.



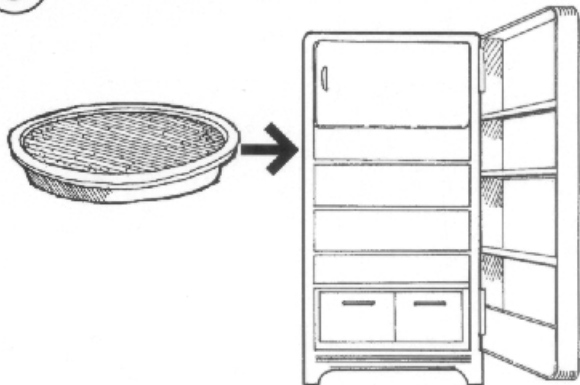
- 4** Pour into the pie plate.



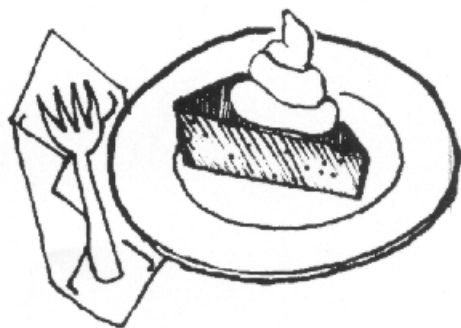
- 5** Bake until knife inserted in center comes out clean, 50-55 minutes.



- 6** Cool slightly and keep refrigerated.



- 7** Serve with whipped topping or ice-cream.



Crustless Pumpkin Pie is an excellent source of Vitamin A!

**VITAMIN
A**

Keeps skin and eyes healthy.