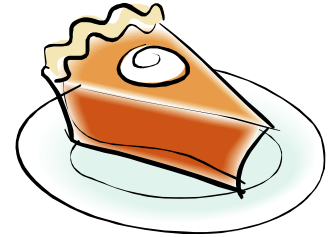


Pumpkin Pie

Serving size: 1/8 of Pie

Makes: 8 servings



Ingredients:

1	refrigerated pie dough (single-crust)
16 oz	canned solid pack pumpkin
12 fl oz	evaporated skim milk
3	eggs
3/4 cup	sweetener (sugar substitute)
1 tsp	vanilla extract
1 tsp	ground cinnamon
1/4 tsp	ground ginger
1/4 tsp	ground nutmeg
1/4 tsp	salt
2 tbsp	topping, whipped, lite (optional)

Directions:

1. Roll pastry on floured surface into circle 1 inch larger than inverted 9-inch pie plate. Ease pastry into plate; trim and flute edge.
2. Beat pumpkin, evaporated milk, and eggs in mixing bowl on medium speed of mixer until well combined. Blend in remaining ingredients. Pour over pastry shell.
3. Bake in preheated 400 degrees F oven 35 – 40 minutes or until knife inserted into center comes out clean. Cool on wire rack. Serve warm or at room temperature. Garnish with light whipped topping, if desired.

Exchanges per serving:

1 1/2 Fat, 1/4 Meat, 1 Other Carbohydrate

Nutrients per serving:

Calories: 178.2

Total Fat: 9.2g

Saturated fat: 3.6g

Sodium: 215.3mg

Total Carbohydrate: 36.9g

Dietary Fiber: 2.6g

Sugars: 22.3g

Protein: 5.2g