



## Pumpkin Pie

8 servings

### **Pie Filling:**

1 can (16 oz.) pumpkin  
2 tsp. pumpkin pie spice  
1 can (12 oz.) evaporated skimmed milk  
 $\frac{3}{4}$  tsp. baking powder  
 $\frac{1}{2}$  cup egg substitute, 3 egg whites or 2 eggs  
 $\frac{1}{8}$  tsp. salt  
 $\frac{1}{2}$  cup sugar  
2 tsp. grated orange peel  
 $\frac{1}{2}$  cup flour  
nonstick cooking spray

### **Brown Sugar Topping:**

$\frac{1}{4}$  cup brown sugar, packed  
 $\frac{1}{4}$  cup quick-cooking oats  
1 Tbsp. margarine softened

- Preheat oven to 350°F. In small bowl, mix brown sugar topping ingredients together. Set Aside.
- Spray 10" pie plate with cooking spray. In food processor or blender, mix the pie filling ingredients together until smooth. Pour filling into pie plate and sprinkle with topping.
- Bake 50-55 minutes or until a knife inserted into the center comes out clean. Cool for 15 min. Refrigerate about 4 hours before serving.

### Nutritional information:

Calories: 173	Total fat: 2.4g
Saturated fat: .67g	Carbohydrates: 33g
Fiber: 2.3g	Protein: 5.9g