

Diabetes-Friendly Thanksgiving Recipe

Basic Crustless Pumpkin Pie

8 SERVINGS (1 SLICE EACH)

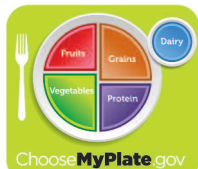
- 1 15-ounce can pumpkin
- 1/3 cup sugar or sugar substitute*
equivalent to 1/3 cup sugar
- 2 tablespoons honey
- 1 1/2 teaspoons pumpkin pie spice
- 1/2 cup refrigerated or frozen egg product, thawed, or 2 eggs, lightly beaten
- 1 teaspoon vanilla
- 3/4 cup evaporated fat-free milk

► Preheat oven to 350° F. Lightly grease an 8-inch springform pan. In a medium bowl, combine pumpkin, sugar, honey, and pie spice. Add eggs and vanilla. Beat lightly just until combined. Gradually stir in evaporated milk. Pour into prepared pan and place on a foil-lined baking sheet.

► Bake for 45 to 50 minutes or until center appears set when gently shaken. Cool for 1 hour on a wire rack. Cover and chill for at least 2 hours or up to 24 hours before serving.

► To serve, loosen pie from sides of pan by running a thin metal spatula around the edge. Remove sides of pan. Cut pie into wedges to serve.

*Sugar substitutes: Choose from Splenda® granular or Sweet'N Low® bulk or packets. Follow package directions to use product amount equivalent to 1/3 cup sugar.



Per serving: calories, 95; total fat, 0 g; cholesterol, 1 mg; sodium, 59 mg; carbohydrate, 20 g; fiber, 2 g

Per serving with substitute, same as above except: exchanges, 1; carbohydrate choices, 1; calories, 67; total carbohydrates, 13 g

Recipe from: diabetic.betterrecipes.com/basic-crustless-pumpkin-pie

