

## Pumpkin Pie



### Ingredients:

- 1 (15 ounce) can or 2 cups fresh pumpkin, puree
- 8 ounces skim milk or low-fat soymilk
- 3 egg whites
- 1 Graham cracker crust
- 3/4 c sugar substitute
- 1 t cinnamon, ground
- 1/4 t cloves, ground
- 1/2 t ginger, ground
- 2 egg whites, for crust

### Directions:

1. Preheat oven to 425F.
2. Mix pumpkin, milk, and egg whites until smooth. Gradually stir in sugar substitute.
3. Add remaining ingredients and pour into crust and spread evenly.
4. Bake in the oven for 15 minutes then reduce the temperature to 350F and bake for another 45 minutes.
5. Let cool and then serve.
6. Refrigerate uneaten portions.

Makes 8 servings.



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