



No-Crust Pumpkin Pie

8 servings

Pumpkin is an excellent source of vitamin A and fiber. Pies without crusts may take less time to prepare and may also contain lower amounts of added sugars and fats.

2 large eggs 1/4 teaspoon salt 1 (15 ounce) can pumpkin 1 3/4 teaspoon pumpkin pie spice* 1 cup non-fat dry milk 1/4 cup all-purpose flour ²⁄₃ cup sugar 1 cup water



- 1. Wash hands with soap and water.
- 2. Preheat oven to 350 °F. Spray a 9inch pie plate with non-stick cooking spray. Set aside.
- 3. In a large bowl, mix together all ingredients except water. Wash hands with soap and water after cracking raw eggs.
- 4. Slowly stir in water until well mixed. Pour into prepared pie plate.
- 5. Bake for 45 to 55 minutes or until a knife inserted 1-inch from the center comes out clean.
- 6. Cool completely before cutting. Store leftovers in the refrigerator for up to four days.
- * Substitute 1 teaspoon cinnamon, 1/2 teaspoon ginger, and 1/4 teaspoon nutmeg for pumpkin pie spice if desired.

Nutrition Information per Serving: (1/8 of pie)Calories 150, Total Fat 1.5g, Saturated Fat 0.5g, Cholesterol 65mg, Sodium 140mg, Total Carbohydrate 29g, Dietary Fiber 2g, Sugars 23g, Protein 6g, Vitamin A 180%, Vitamin C 4%, Calcium 15%, Iron 8%.

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