

Basic Crustless Pumpkin Pie



Servings: 8

Nutrition Information:

17g carbohydrates

93 calories

1g fat

42mg cholesterol

2g fiber

4g protein

Ingredients:

1 - 15 oz. can pumpkin

$\frac{1}{3}$ cup sugar or sugar substitute

2 tbsps. honey

1 $\frac{1}{2}$ tsp. pumpkin pie spice

2 eggs, lightly beaten

1 tsp. vanilla

$\frac{3}{4}$ cup evaporated fat-free milk

Directions:

1. Preheat oven, 350° F. Lightly grease an 8-inch pan
2. In a medium bowl combine pumpkin, sugar, honey, and pie spice.
3. Add eggs and vanilla, beat lightly just until combined. Gradually stir in evaporated milk.
4. 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.
5. Cool for 1 hour on a wire rack. Cover and chill for at least 2 hours or up to 24 hours before serving.
6. To serve, loosen pie from sides of spring form pan by running a thin metal spatula around the edge and remove the sides of the pan. Cut into wedges to serve.