

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
- ¼ teaspoon salt
- 1 (15 ounce) can pumpkin
- 1 ¾ teaspoon pumpkin pie spice*
- 1 cup non-fat dry milk
- ¼ cup all-purpose flour
- ⅔ cup sugar
- 1 cup water

1. Wash hands with soap and water.
2. Preheat oven to 350 °F. Spray a 9-inch 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%.

