

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 9-inch pie plate with non-stick cooking spray. Set aside.
3. In a large bowl, mix together all ingredients except water.
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.

* 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%.