

Diabetes-Friendly Thanksgiving Recipe

Basic Crustless Pumpkin Pie

8 SERVINGS (1 SLICE EACH)

- 1 15-ounce can pumpkin
- $\frac{1}{3}$ cup sugar or sugar substitute*
equivalent to $\frac{1}{3}$ cup sugar
- 2 tablespoons honey
- $1\frac{1}{2}$ teaspoons pumpkin pie spice
- $\frac{1}{2}$ cup refrigerated or frozen egg product,
thawed, or 2 eggs, lightly beaten
- 1 teaspoon vanilla
- $\frac{3}{4}$ cup evaporated fat-free milk

► **Preheat oven to 350° F.** Lightly grease an 8-inch springform pan. In a medium bowl, combine pumpkin, sugar, honey and pie spice. Add eggs and vanilla. Beat lightly just until combined. Gradually stir in evaporated milk. 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.** Cool for 1 hour on a wire rack. Cover and chill for at least 2 hours or up to 24 hours before serving.

► **To serve, loosen pie from sides of pan by running a thin metal spatula around the edge.** Remove sides of pan. Cut pie into wedges to serve.

***Sugar substitutes:** Choose from Splenda® granular or Sweet'N Low® bulk or packets. Follow package directions to use product amount equivalent to $\frac{1}{3}$ cup sugar.

Per serving: calories, 95; total fat, 0 g; cholesterol, 1 mg; sodium, 59 mg; carbohydrate, 20 g; fiber, 2 g

Per serving with substitute, same as above except: exchanges, 1; carbohydrate choices, 1; calories, 67; total carbohydrates, 13 g

Recipe from: diabetic.betterrecipes./basic-crustless-pumpkin-pie

