

Low-Calorie Pumpkin Pie

Nutrition Facts:	
Yield	8
Calories	172
Fat	6 g
Sodium	200 mg

Code
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Ingredients Needed:

15 oz. canned pumpkin
2 Tbsp. light butter, softened
¾ cup light brown sugar, unpacked
½ cup fat-free milk
1 large egg
2 large egg whites
¼ tsp. ground nutmeg
½ tsp. ground cinnamon
1 tsp. vanilla extract
1 frozen pie crust sheet

Recipe Directions:

- Preheat oven to 350 degrees.
- Place pumpkin in a large bowl. Add light butter and mix well. Using an electric mixer, mix in brown sugar, milk, eggs, egg whites, cinnamon, nutmeg, and vanilla. Beat on medium speed until mixture is smooth.
- Pour filling into unbaked pie crust. Bake 60 minutes or until knife inserted in center comes out clean.
- Serve with whipped topping and enjoy!



