

Low-Fat Traditional Pumpkin Pie

If you really want to save fat and calories, skip the crust and continue the recipe as directed. You'll decrease the calories to 170 and the total fat to 0 grams!

Ingredients

- * 1 9-inch pastry shell, uncooked (look for non-fat or try the recipe without the crust)
- * 1 (16 ounce) can pumpkin (2 cups)

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Card 1

- * 1 (14 ounce) can non fat sweetened condensed milk (NOT evaporated milk)
- * 1 teaspoon ground cinnamon
- * 1/2 teaspoon ground nutmeg
- * 4 egg whites
- * 1/2 teaspoon ground ginger
- * 1/2 teaspoon salt (optional)

Direction

1. Preheat oven to 450 degrees.
2. In a large mixing bowl, combine all ingredients except pastry shell; mix well.
3. Pour mixture into pastry shell. Bake for 15 minutes.
4. Reduce oven temperature to 350 degrees and bake for an additional 35 to 40 minutes or until a knife inserted 1 inch from edge comes out clean.

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Card 2

5. Cool. Garnish as desired. Refrigerate leftovers.