

# Crustless Pumpkin Pie

This low-fat recipe brings the flavor and taste of pumpkin pie without the high calories from fats and sugar.



**Servings:** 8 servings | **Prep Time:** 10 minutes | **Cook Time:** Approx. 30 minutes

## Ingredients

- 1 (15 ounce) can pumpkin puree
- 1 ¼ cups skim milk
- ¾ cup granular sucralose sweetener (such as Splenda®)
- ½ cup egg substitute
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ½ teaspoon ground nutmeg

## Instructions

1. Preheat oven to 350 degrees. Grease a pie dish.
2. Beat pumpkin puree, milk, sweetener, egg substitute, vanilla extract, cinnamon, ginger, and nutmeg in a bowl until smooth; pour into prepared pie dish.
3. Bake in preheated oven until set, about 30 minutes.

## Nutrition Information (Per Slice)

Calories: 48; Fat: 0.8 g; Carbohydrates: 6.8 g

*Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.*



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Source: Allrecipes.com