

Holiday Recipes for Managing Diabetes

Pumpkin Pie

NUMBER OF SERVINGS:

9

SERVING SIZE:

1-inch slice

OVERVIEW:

This is the perfect finale to any fall feast.

INGREDIENTS:

- 2 cups crushed graham crackers
- 3 Tbsp low-calorie margarine
- 2 Tbsp brown sugar
- 2 tsp cinnamon
- 2 cups pumpkin puree
- 1 ea 12 oz. can evaporated skim milk
- 2 ea eggs, beaten
- 1 tsp cinnamon
- 0.5 tsp nutmeg
- 0.5 tsp allspice

INSTRUCTIONS:

1. Preheat the oven to 425 degrees F. Combine the graham crackers, margarine, sugar, and 2 tsp cinnamon and press into the bottom and sides of a 9-inch pie plate. Place in the oven and bake for 5 minutes. Remove and set aside.
2. Beat together all remaining ingredients in the order given. Pour into the crust and bake for 15 minutes. Lower temperature to 350 degrees F and bake for 35 minutes until set. Cool slightly or chill before serving.



NUTRITION:

Total Calories:	181
Calories from Fat:	47
Total Fat:	5 g
Saturated Fat:	1 g
Cholesterol:	49 mg
Sodium:	218 mg
Total Carbohydrates:	28 g
Dietary Fiber:	2 g
Sugars:	13 g

