



## Light Pumpkin Pie

This lighter version of traditional pumpkin pie saves you much of the calories and fat of the traditional version and tastes the same!

### *Ingredients:*

1 cup ginger snap cookies  
½ cup egg whites (about 4)  
16 oz can pumpkin  
½ cup sugar  
2 tsp pumpkin pie spice (cinnamon, ginger, cloves)  
12 oz can evaporated skim milk

### *Instructions:*

Preheat the oven to 350 degrees.

Grind the cookies in a good processor. Lightly spray a 9" glass pie pan with vegetable cooking spray. Pat the cookie crumbs into the pan evenly.

Mix the rest of the ingredients in a medium-sized mixing bowl. Pour into the crust and bake until knife inserted in center comes out clean, about 45 minutes.

Store in the refrigerator. Allow to cool and slice in 8 wedges.

### *Nutritional Information:* (Makes 8 Servings)

#### Per serving:

165 calories  
1.5 grams fat (0.5g saturated fat)  
12 grams carbohydrate  
6 grams protein  
2 grams fiber  
170 mg sodium