

# Surprise Pumpkin Pie

Hands-on - 10 min. Oven - 50-60 min.

1 pie, 8 servings

“Surprise” because it makes its own crust. What a time and fat saver! This pie is so fast that you can have it in the oven in less than 10 minutes. It’s delicious and beta-carotene rich. Why not serve it all year round?

Preheat the oven to 350°.

Coat a 9" pie plate (preferably glass) with cooking spray.

2	eggs or 4 egg whites or 1/2 cup egg substitute
3/4 cup	sugar
1/2 cup	Hodgson Mill Insta-Bake or reduced-fat Bisquick mix
1 can	(15 oz) pumpkin
2 tsp	pumpkin pie spice (or 1 tsp cinnamon, 1/2 tsp ginger, 1/4 tsp cloves and 1/4 tsp nutmeg)
1/4 tsp	salt
1 can	(13 oz) evaporated skim milk

Process together in a blender or food processor for 2 minutes.

Pour batter into prepared pie plate.

Bake 50 to 60 minutes, or until firm.

Cool completely before cutting. Serve with fat-free ice cream or yogurt, if desired.

*\*This recipe makes either (1) 9" deep-dish (4-cup volume) or (2) shallow dish (2-cup volume) pies. If making the (2) shallow pies, adjust baking time to 35 to 45 minutes. Nutrition information per slice will be 1/2 of what is listed below.*

Nutrition information for 1 slice (1/8 of pie)

Calories	167	Fat	2 g	Fiber	2 g	Sodium	197 mg	Total Carbohydrate	33 g
Calories from Fat	11%	Saturated Fat	<1 g	Cholesterol	55 mg	Protein	6.5 g	Sugars	25 g