



Low Fat Pumpkin Pie

INGREDIENTS:

- 1 (15 ounce) can solid pack pumpkin
- 1 (14 ounce) can fat-free sweetened condensed milk
- 1/2 cup liquid egg substitute
- 1/2 tsp. salt
- 1/2 tsp. ground cinnamon
- 1/2 tsp. ground nutmeg
- 1/2 tsp. ground ginger
- 1 (9 inch) unbaked pastry shell

DIRECTIONS:

- 1) Preheat oven to 425 F.
- 2) In a large mixing bowl, combine the first seven ingredients; beat just until smooth. Pour into pastry shell.
- 3) Bake at 425 degrees for 15 minutes. Reduce heat to 350 degrees; bake 25-30 minutes longer or until a knife inserted near the center comes out clean.
- 4) Cool on a wire rack; store in the refrigerator.