

Seasonal Eating

Crustless Pumpkin Pie

- 1 (15 ounce) can pumpkin
- 1 (12 ounce) can evaporated skim milk
- 3/4 cup egg substitute
- 1/2 teaspoon salt
- 1 -2 tablespoon pumpkin pie spice (I like mine spicier)
- 1 teaspoon vanilla



Directions:

- 1 Combine all ingredients and beat until smooth.
- 2 Pour into 9-inch pie pan sprayed with cooking spray.
- 3 Bake at 400 degrees F for 15 minutes; reduce temperature to 325 degrees F and bake for 45 minutes more.
- 4 Pie is done when knife inserted into center comes out clean.

Pumpkin Pie Dip

Gina's Weight Watcher Recipes

Servings: 12 ✂ **Size:** 1/2 cup ✂ **Old Points:** 2 pts • **Points+:** 3 pts

Calories: 102.9 • **Fat:** 0.1g ✂ **Protein:** 1.8 g ✂ **Carb:** 27.7 g ✂ **Fiber:** 0.9 g

- 15 oz can pumpkin
- 3/4 cup brown sugar (Splenda would work too)
- 1 tsp vanilla
- 1/8 tsp cinnamon
- 1/8 tsp pumpkin pie spice (or more to taste)
- 6 oz fat free Greek yogurt (I used Chobani)
- 8 oz cool whip free
- cut up apples to dip (extra points)

Mix pumpkin with brown sugar, vanilla and spices, blend well. **Mix** in yogurt. **Fold** in cool whip and chill in refrigerator until ready to eat.

