

Pumpkin-Maple Pie

It tastes like Grandmother's, but it's better for you. Our special lower-fat pastry is filled with a maple-flavored pumpkin mixture that is lower in calories and fat than old-fashioned recipes—but it is every bit as good.

SERVINGS: 8 servings

CARB GRAMS PER SERVING: 32

Ingredients

- 1 recipe Lower-Fat Oil Pastry
- 1 15-ounce can pumpkin
- 1/3 cup maple-flavored syrup
- 1 tablespoon all-purpose flour
- 2 packets heat-stable sugar substitute
- 1 1/2 teaspoons pumpkin pie spice
- 3/4 cup refrigerated or frozen egg product, thawed
- 1 cup evaporated fat-free milk
- 1 1/2 teaspoons vanilla
- Frozen light whipped dessert topping, thawed (optional)
- Ground cinnamon (optional)

Directions

- 1.** Prepare Lower-Fat Oil Pastry. On a lightly floured surface flatten pastry. Roll into a 12-inch circle. Wrap pastry circle around the rolling pin; unroll into a 9-inch pie plate. Ease pastry into pan, being careful not to stretch pastry. Trim to 1/2 inch beyond edge of pie plate. Fold under extra pastry. Crimp the edge as desired. Do not prick pastry.
- 2.** For the filling, in a medium bowl combine the pumpkin, maple-flavored syrup, flour, sugar substitute, and pumpkin pie spice; add egg product. Beat lightly with a rotary beater or fork until just combined. Gradually stir in evaporated milk and vanilla; mix well.
- 3.** Place pastry-lined pie plate on oven rack. Carefully pour filling into pastry shell. To prevent over browning, cover edge of pie with foil. Bake in a 375° F oven for 25 minutes. Remove the foil. Bake 20 to 25 minutes more or until a knife inserted near the center comes out clean. Cool on a wire rack. Cover and refrigerate within 2 hours. If desired, top with dessert topping and sprinkle with ground cinnamon. Makes 8 servings.

Lower-Fat Oil Pastry: In a medium bowl stir together 1 1/4 cups all-purpose flour and 1/4 teaspoon salt. Combine 1/4 cup fat-free milk and 3 tablespoons cooking oil; add all at once to flour mixture. Stir with a fork until dough forms. If necessary, add 1 to 2 teaspoons additional milk. Shape the dough into a ball.



Nutrition Facts

Servings: 8

Calories 216

Total Fat 6g

Saturated Fat 1g

Cholesterol 1mg

Sodium 153mg

Carbohydrate 32g

Fiber 2g

Protein 8g

Vitamin C (DV%) 4

Calcium (DV%) 11

Iron (DV%) 15

Diabetic Exchanges

Starch (d.e.) 1.5

Milk (d.e.) .5

Fat (d.e.) 1