PUMPKIN PIE

An easy-to-prepare, food-safe version of a holiday classic.

Prep Time: 10 minutes  
Cook Time: 1 hour  
Yields: 9 servings  
Serving size: 1 wedge

NUTRITION INFORMATION (per serving)

- Calories: 177
- Total Fat: 8 g
- Saturated Fat: 1 g
- Sodium: 153 mg

INGREDIENTS

For the pie crust:
- 1 C quick-cooking oats
- ¼ C whole wheat flour
- ¼ C ground almonds
- 2 tbsp brown sugar
- ¼ tsp salt
- 3 tbsp vegetable oil
- 1 tbsp water

For the pie filling:
- ¼ C packed brown sugar
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp salt
- 1 egg
- 4 tsp vanilla
- 1 C canned pumpkin
- ¾ C fat-free evaporated milk

Food Safety Reminder: Raw eggs and raw flour are never safe to eat. Cook dough and batter thoroughly, and wash hands after touching eggs or flour.

Recipe adapted from National Heart, Lung, and Blood Institute Deliciously Healthy Eating Recipes and available at: https://healthyeating.nhlbi.nih.gov/recipedetail.aspx?cId=0&rId=195

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