

Crunchy Pumpkin Pie

A delicious pie that is low in saturated fat and high in vitamin A makes a great addition to any holiday meal.

Serves 8



Ingredients

Crust:

- 1 cup quick cooking oats
- ¼ cup whole wheat flour
- ¼ cup ground almonds
- 2 tablespoons brown sugar
- ¼ teaspoon salt
- 3 tablespoons vegetable oil
- 1 tablespoon water

Filling:

- ¼ cup brown sugar, packed
- 1 teaspoon pumpkin pie spice
- ¼ teaspoon salt
- 1 egg, beaten
- 4 teaspoons vanilla
- 1 cup canned pumpkin
- ⅔ cup evaporated skim milk

Nutrition Facts

Serving Size 1 Slice
Servings Per Recipe 8

Amount Per Serving

Calories 200 Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 180mg 8%

Total Carbohydrate 25g 8%

Dietary Fiber 3g 12%

Sugars 13g

Protein 6g

Vitamin A 100% • Vitamin C 2%

Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Directions

To Prepare Crust:

1. Preheat oven to 425 degrees.
2. Mix oats, flour, almonds, sugar, and salt in small mixing bowl.
3. Blend oil and water in measuring cup with fork or small wire whisk until emulsified.
4. Add oil mixture to dry ingredients and mix well. If needed, add small amount of water to hold mixture together.
5. Press into 9-inch pie pan, and bake for 8–10 minutes, or until light brown.
6. Reduce oven temperature to 350 degrees.

To Prepare Filling:

1. Mix sugar, pumpkin pie spice, and salt in bowl.
2. Add egg and vanilla, and mix to blend ingredients.
3. Add pumpkin and milk, and stir to combine.
4. Pour filling into prepared pie shell.
5. Bake for 45 minutes at 350 degrees or until knife inserted near center comes out clean.

