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
- ½ cup evaporated skim milk

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.

Nutrition Facts

Serving Size 1 Slice
Servings Per Recipe 8

| Amount Per Serving | Calories 200 Calories from Fat 70
<table>
<thead>
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<tbody>
<tr>
<td>Total Fat 8g</td>
<td>12%</td>
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<tr>
<td>Saturated Fat 1g</td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
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<tr>
<td>Cholesterol 25mg</td>
<td>8%</td>
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<tr>
<td>Sodium 180mg</td>
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<tr>
<td>Total Carbohydrate 25g</td>
<td>8%</td>
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<tr>
<td>Dietary Fiber 3g</td>
<td>12%</td>
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<tr>
<td>Sugars 13g</td>
<td></td>
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<tr>
<td>Protein 6g</td>
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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.

Total Fat
Less than 65g
Saturated Fat
Less than 20g
Cholesterol
Less than 300mg
Sodium
Less than 2,400mg
Total Carbohydrate
300g
Dietary Fiber
25g
Calories per gram:
Fat 9  •  Carbohydrate 4  •  Protein 4

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