

Light and Easy Pumpkin Pie

1 cup crushed crackers (6 squares)
10 ounce can pumpkin
4 egg whites
½ cup sugar
1 ½ teaspoon cinnamon
½ teaspoon ginger
¼ teaspoon cloves or you may substitute
2 teaspoons “pumpkin spice” for the 3 spices
12 ounce can evaporated skim milk

1. Preheat the oven to 350 F.
2. Lightly spray a 9” pie pan with vegetable cooking spray.
3. Crush the graham crackers.
4. Pat the crumbs into the pan evenly.
5. Mix the rest of the ingredients in a medium-sized mixing bowl.
6. Pour into the crust and bake until a knife inserted the center comes out clean, about 45 minutes.
7. Store in the refrigerator.
8. Allow to cool and slice into 8 wedges.

Serves 8. Each slice: 165 calories, 1.5 grams fat