

# Guiltless pumpkin pie

From the Desk of:  
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## Original Recipe

15 oz. Can pumpkin pie  
1 can evaporated skim milk  
 $\frac{3}{4}$  cup sugar  
2 large eggs  
1 tsp. ground cinnamon  
 $\frac{1}{2}$  tsp. ground ginger  
 $\frac{1}{2}$  tsp. ground cloves  
 $\frac{1}{2}$  tsp. salt  
9 inch unbaked pie shell

## Slimmed Down Version

15 oz. Can pumpkin pie  
1 can evaporated skim  
milk  
 $\frac{3}{4}$  cup Splenda  
2 large eggs  
1 tsp. ground cinnamon  
 $\frac{1}{2}$  tsp. ground ginger  
 $\frac{1}{2}$  tsp. ground cloves  
 $\frac{1}{2}$  tsp. salt  
 $\frac{1}{2}$  cup Bisquick mix

Spray Pam or vegetable spray on a glass pie plate. Mix all ingredients together. Pour into pie pan and bake in a pre-heated oven at 425 degrees for 15 minutes. Then reduce heat to 350 degrees and continue baking about 45 minutes or until a knife inserted near the center comes out clean.

Note: the texture of the slimmed down pie is souffle like. Just add a dab of whipped cream for a healthy and guilt-free dessert.

Calories/serving*	225	103
Fiber(gms)	2	2
Fat(gms)	8	1
Carbohydrates	36	10

Have a healthy  
holiday season!

\*  $\frac{1}{8}$  of pie is a serving (This dessert is loaded with cancer fighting beta carotene.)