

Heart Healthy Pumpkin Pie

Graham Cracker Crust:

1 ½ cups graham cracker crumbs
2 Tbsp. honey
1 Tbsp. oil

Preheat oven to 350 degrees. Blend graham cracker crumbs, honey, and oil and mix well. Pat into 9-inch pie pan. Bake for 10 minutes. Allow shell to cool before filling

2 cups canned or cooked pumpkin
1 ½ cups evaporated skim milk (1 large can)
¼ cup brown sugar
½ cup white sugar
1 tsp. cinnamon
½ tsp. ground ginger
¼ tsp. nutmeg or allspice
1/8 tsp. ground cloves
3 egg whites or 1/3 cup egg substitute

Preheat oven to 350 degrees. Mix all ingredients until well blended. Pour mixture into cooled pie shell. Bake 1 hour or until inserted knife comes out clean. Serve with vanilla yogurt or Yogurt Dessert Sauce (recipe below).

Yogurt Dessert Sauce:

2 cups plain nonfat yogurt
1 tsp. vanilla extract
¼ cup sugar

Combine all ingredients and stir well. Makes 2 cups (8 servings). Also delicious over fresh strawberries, baked apples, apple crisp or other fruit desserts.

Makes 6 servings.

Per serving:

327 calories, 5 grams fat, 275 mg sodium, 3 grams fiber.