

CRUNCHY PUMPKIN PIE

From Stay Young at Heart –National Heart Lung and Blood Institute
<http://www.nhlbi.nih.gov/health/public/heart/other/syah/crpumpie.htm>

Ingredients: (Pie Crust)

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

Ingredients: (Pie Filling)

- ¼ cup packed brown sugar
- ½ Tsp ground cinnamon
- ¼ Tsp salt
- 1 egg, beaten
- 4 Tsp vanilla
- 1 cup canned pumpkin
- 2/3 cup evaporated skim milk

Instructions

1. Preheat oven to 425°F.
2. Mix oats, flour, almonds, sugar, and salt together in small mixing bowl.
3. Blend oil and water together 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 a 9-inch pie pan and bake for 8-10 minutes, or until light brown.
6. Turn down oven to 350°F.
7. Mix sugar, cinnamon, nutmeg, and salt together in a bowl.
8. Add eggs and vanilla and mix to blend ingredients.
9. Add pumpkin and milk and stir to combine.
10. Pour into prepared pie shells
11. Bake 45 minutes at 350°F or until knife inserted near center comes out clean.

Makes 9 servings. Serving size: 1/9 of a 9-inch pie

Nutritional information per serving (4 servings)

Calories: 177

Total fat: 8g

Saturated fat: 1g

Cholesterol: 24 mg

Sodium: 153mg



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