

HEALTHIER HOLIDAY RECIPES



PUMPKIN-MAPLE PIE

SERVINGS PER RECIPE: 8, CARB GRAMS PER SERVING: 32

- ◆ 1 recipe Lower-Fat Oil Pastry (see below)
- ◆ 1 15-ounce can pumpkin
- ◆ ⅓ cup maple-flavored syrup
- ◆ 1 tablespoon all-purpose flour
- ◆ 2 packets heat-stable sugar substitute
- ◆ 1½ teaspoons pumpkin pie spice
- ◆ ¾ cup refrigerated or frozen egg product, thawed
- ◆ 1 cup evaporated fat-free milk
- ◆ 1½ teaspoons vanilla
- ◆ Frozen light whipped dessert topping, thawed (optional)
- ◆ Ground cinnamon (optional)

LOWER-FAT OIL PASTRY

- ◆ 1¼ cups all-purpose flour
- ◆ ¼ teaspoon salt
- ◆ ¼ cup fat-free milk
- ◆ 3 tablespoons cooking oil

In a medium bowl stir together flour and salt. Combine milk and oil; add all at once to flour mixture. Stir with a fork until dough forms. If necessary, add 1 to 2 teaspoons additional milk. Shape the dough into a ball.

1. Prepare Lower-Fat Oil Pastry. On a lightly floured surface flatten pastry. Roll into a 12-inch circle. Wrap pastry circle around the rolling pin; unroll into a 9-inch pie plate. Ease pastry into pan, being careful not to stretch pastry. Trim to ½ inch beyond edge of pie plate. Fold under extra pastry. Crimp the edge as desired. Do not prick pastry.
2. For the filling, in a medium bowl combine the pumpkin, maple-flavored syrup, flour, sugar substitute, and pumpkin pie spice; add egg product. Beat lightly with a rotary beater or fork until just combined. Gradually stir in evaporated milk and vanilla; mix well.
3. Place pastry-lined pie plate on oven rack. Carefully pour filling into pastry shell. To prevent overbrowning, cover edge of pie with foil. Bake in a 375°F oven for 25 minutes. Remove the foil. Bake 20 to 25 minutes more or until a knife inserted near the center comes out clean. Cool on a wire rack. Cover and refrigerate within 2 hours. If desired, top with dessert topping and sprinkle with ground cinnamon.

NUTRITION FACTS PER SERVING: Calories: 216, Protein: 8 gm, Carbohydrate: 32 gm, Total Fat: 6 gm (Saturated Fat: 1 gm), Cholesterol: 1 mg, Dietary Fiber: 2 gm

DIABETIC EXCHANGES: Milk(d.e): 1, Starch(d.e): 2, Fat(d.e): 1

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