

# A Festive Holiday Pie



## Roasted Pumpkin Pie

Serves: 8 | Serving Size: 1 slice

### Ingredients:

Panko breadcrumbs  
2 cups roasted pumpkin  
1 cup skim milk  
1 cup eggs  
2 teaspoons pumpkin pie spice  
2 tablespoons of honey

### Directions:

Spray the bottom of a glass deep dish pie pan with cooking oil spray and then sprinkle it with Panko bread crumbs.

Purée all ingredients in a blender until smooth, then pour on top of your crust.

Bake at 350 for about 45 minutes until pie is firm and a toothpick inserted in the center comes out clean.

### Nutrition Information:

Serves 8. Each serving has 77 calories, 3 g fat, 1 g saturated fat, 0 g trans fat, 114 mg cholesterol, 60 mg sodium, 8 g carbohydrate, 1 g fiber, 5 g sugars, and 5 g protein.

Each serving also has 65% vitamin A, 5% vitamin C, 6% calcium and 5% iron.

### Chef's Tips:

This pie uses roasted pumpkin, but you can easily substitute canned pumpkin if you prefer.

Serve this pie with a little whipped cream.

It is best when allowed to cool for about an hour after baking.

BROUGHT TO YOU BY: