

PUMPKIN PIE



INGREDIENTS

3 c. pureed pumpkin fresh or canned (Solid Packed)
2 eggs or 4 egg whites
1/4 c. Half and half
4 oz. Vanilla Lt. Yogurt
Artificial Sweetener to equal 1 cup
2 t. ground cinnamon
1 t. nutmeg
1/4 t. ground ginger
1/4 t. salt (if desired)
1/2 t. vanilla extract
Pinch of ground cloves
Olive oil

DIRECTIONS

Preheat oven to 400 degrees. Cut, seed, cook and puree scooped out pumpkin if using the fresh variety. If using canned pumpkin, pour it into a large bowl. Add all remaining ingredients and mix well with a hand blender. You may also use a food processor or blender to mix. Lightly grease the bottom and sides of a pie pan with olive oil. Pour pumpkin mixture in and place in oven. Bake at 400 degrees for 15 minutes. Lower the temperature to 350 degrees and bake for approximately 1/2 hour or until center is set. Serve warm. Cold or at room temperature. Delicious as a side dish or dessert!