

# Healthy Holiday Pumpkin Pie

## INGREDIENTS

- 1 (15 oz) can pumpkin purée (NOT pie filling)
- ¾ cup granulated Splenda (or granulated sugar)
- 1 Tbsp cornstarch
- ¾ cup nonfat milk
- 2 tsp Truvia
- ½ tsp ground nutmeg
- ¼ cup plain nonfat Greek yogurt
- 1 egg, lightly beaten
- ½ tsp ground ginger
- 2 egg whites, lightly beaten
- 2 tsp ground cinnamon
- 1 Tbsp vanilla extract
- Optional: If you can't do without a crust, add a whole wheat crust!

## DIRECTIONS

1. Preheat oven to 350°F, and coat a 9"-round pie plate with nonstick cooking spray.
2. In a large bowl, stir together the pumpkin, milk, yogurt, Splenda, and Truvia. Mix in remaining ingredients.
3. Pour mixture into the prepared pie plate, and bake for 35-40 minutes, or until center barely jiggles when gently shaken.
4. Cool to room temperature on a wire rack, and chill 2 hours before serving.



*Recipe featured in  
Wellness 720 Avondale*