

DENISE'S SUGAR-FREE PUMPKIN PIE

Ingredients

For Crust:

- 1 (9 inch) pie shell, baked

For Filling:

- 1 (16 oz.) can pure pumpkin
- 2 (3 oz.) packages vanilla sugar-free pudding & pie mix (not the instant ones)
- 2 cups skim milk
- 2 tsp. pumpkin pie spice

Directions

1. Cook pie shell as directed on package.
2. Pour milk in a 2-quart saucepan.
3. Stir in pudding mix and pureed pumpkin and blend until well combined.
4. Heat mixture on medium heat until it boils.
5. Gently boil for 1 minute.
6. Pour in cooled pie shell.
7. Chill (mixture will thicken when it cools).

Cut the calories by avoiding the crust.

Yield: 8 slices

Calories: 170

Fat: 7 g

Protein: 4 g

Carbs: 21 g (3 g fiber)



RECIPES



For eating well
after bariatric
surgery

If you eat just
the insides you
will save about
110 calories
and 7 grams of
fat!

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www.mushealth.com/weightlossurgery