

## Basic Crustless Pumpkin Pie

- 1 (15 ounce) can pumpkin
- ⅓ cup sugar or sugar substitute (see Tips)
- 2 tablespoons honey
- 1½ teaspoons pumpkin pie spice
- ½ cup refrigerated or frozen egg product, thawed (see Tips)
- 1 teaspoon vanilla
- ¾ cup evaporated fat-free milk
- Cranberry-Orange Almond Crunch: ½ cup lightly sweetened toasted oat bran cereal flakes with oat clusters (such as Smart Start®)
- ⅓ cup coarsely chopped almonds, toasted
- ¼ cup dried cranberries
- ½ teaspoon finely shredded orange peel
- Ginger-Chocolate Crunch:
  - 8 gingersnaps, broken
  - 2 ounces dark or bittersweet chocolate (60 to 70% cacao), chopped
  - 2 teaspoons finely chopped crystallized ginger
- Maple-Apple Pecan Crunch: 2 gala or Jonathan apples (or 2 ripe pears)
- ¼ cup water
- ¼ cup chopped walnuts or pecans, toasted
- 1 tablespoon pure maple syrup

Preparation Ready In 4 h 15

Preheat oven to 350 F. Lightly grease an 8-inch springform pan. In a medium bowl, combine pumpkin, sugar, honey, and pie spice. Add eggs and vanilla. Beat lightly just until combined. Gradually stir in evaporated milk. Pour into prepared pan and place on a foil-lined baking sheet. Bake for 45 to 50 minutes or until center appears set when gently shaken. Cool for 1 hour on a wire rack. Cover with foil and chill for at least 2 hours or up to 24 hours before serving. To serve, loosen pie from sides of pan by running a thin metal spatula around the edge. Remove sides of pan. Cut pie into wedges to serve.

**Cranberry-Orange Almond Crunch:** In a small bowl combine lightly sweetened toasted oat bran cereal flakes with oat clusters (Smart Start(R)); coarsely chopped almonds, toasted; dried cranberries; and finely shredded orange peel. (This makes a great snack mix or breakfast cereal: make extra of the mixture and store in an airtight container in the refrigerator up to 2 weeks.)

**Ginger-Chocolate Crunch:** Top chilled pumpkin mixture with 8 gingersnaps, broken. Then top evenly with 2 ounces dark or bittersweet chocolate (60 to 70% cacao), chopped; and 2 teaspoons finely chopped crystallized ginger.

**Maple-Apple Pecan Crunch:** Core, quarter and thinly slice gala or Jonathan apples or ripe pears. In a large skillet, cook apples and pears, covered, in water over medium heat for 5 minutes or just until softened and pliable but not mushy. Drain off liquid. Arrange apple or pear slices atop pumpkin when directed in step 3. Sprinkle with coarsely chopped pecans or walnuts, toasted, and drizzle with pure maple syrup.

<http://www.eatingwell.com/recipe/259580/basic-crustless-pumpkin-pie/>

**Test Kitchen Tip:** Choose from Splenda granular or Sweet'N Low bulk or packets. Follow package directions to use product amount equivalent to ⅓ cup sugar.

**Sugar Substitutes:** Same as above, except 67 cal., 13 g carb. Exchanges: 1 carb. Carb choices: 1. You can substitute 2 eggs, lightly beaten, for the egg product.

