



## **PUMPKIN SMASH\***

Advanced Lifestyle

### **Ingredients**

One 15-oz. can pure pumpkin  
One 12-oz. can evaporated fat-free milk  
½ cup fat-free liquid egg substitute (such as Egg Beaters)  
¾ cup Splenda (granulated)  
2 TSP pumpkin pie spice

### **Instructions**

1. Preheat oven to 350°.
2. Combine all ingredients in a bowl, and mix thoroughly.
3. Place mixture in a baking dish (8" x 8" works well) sprayed lightly with nonstick spray, and bake in the oven for 45 minutes. (It will remain a little soft, like pie filling.)
4. Once ready to serve (hot or cold), cut into 9 pieces.

### **Portion-Per-Serving Information** (Yields 9 servings):

1 serving = 1/9th of the recipe = 1 FR (your 3<sup>rd</sup> "fruit" of the day—make your other 2 REAL fruits)

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