



## **SPAGHETTI SQUASH CUSTARD PIE**

**Final Lifestyle**

### **Ingredients**

- 1 cup fat-free evaporated milk
- 1 cup water
- ½ cup Splenda
- 4 TBS yellow cornmeal
- 2 TSP baking powder
- 1/4 TSP salt
- 2 eggs + ½ cup egg substitute (or, 4 eggs)
- 4 TBS fat-free margarine
- 1 TSP vanilla extract
- 2 SP coconut extract
- 1 cup cooked spaghetti squash

### **Instructions**

1. Preheat the oven to 350°. Coat a 9-inch baking pan with cooking spray.
2. Put all ingredients except squash in your blender and whiz on low for a minute or so.
3. Stir in the squash by hand. Pour mixture in the pan. Let stand 5 minutes.
4. Bake 30-40 minutes or until just set. The top will puff up and brown.

### **Portion-Per-Serving Information: (Yields 8 serving):**

1 serving = 5 oz. cup or 1/8 slice\* = 1 FR

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\*If you serve it warm, it will be soft enough to spoon out. If you serve it cold, the cornmeal settles to the bottom and forms a sweet crust, easier to slice and, in that case, slice into eighths.