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DIET CENTER

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WeightNoMoreDC

UPSIDE DOWN PUMPKIN PIE

Advanced Lifestyle

Ingredients

1 15-oz. can pure pumpkin (not pumpkin pie filling; Libby's 100% Pure Pumpkin is best)
1 12-oz. can evaporated fat-free milk
2/3 cup granulated sugar
1/2 cup fat-free liquid egg substitute (like Egg Beaters Original)
2 TSP pumpkin pie spice
2 sheets (8 crackers) low-fat cinnamon graham crackers, finely crushed
Optional: Fat Free Reddi-wip, cinnamon

Instructions

1. Preheat oven to 350 degrees. Spray a deep-dish pie pan with nonstick spray. Set aside.
2. In a large bowl, combine all ingredients except graham crackers and optional ingredients. Whisk thoroughly. Transfer to the pie pan.
3. Bake in the oven until mostly firm, about 45 minutes. (It will firm up completely once chilled.)
4. Refrigerate until completely chilled and firm, at least 3 hours.
5. Top evenly with crushed graham crackers. Serve and, if you like, top with Reddi-wip and cinnamon.

Portion-Per-Serving Information: (Yields 8 servings)

Serving = 1/8 slice = 1 V, 1/2 M, 1/2 G