



PUMPKIN POPOVERS*

Advanced Lifestyle

Ingredients

1/4 cup canned pumpkin puree
3 large eggs
3 large egg whites
2 cups fat-free milk
2 TBS canola oil
2 cups all-purpose flour
½ TSP salt
1/4 TSP pumpkin-pie spice
1/8 TSP cayenne

Instructions

1. Preheat oven to 400°. Place a 12-cup muffin pan on a baking sheet in the oven to preheat.
2. Whisk together pumpkin puree, eggs, egg whites, milk and oil in a medium bowl until smooth.
3. Combine flour, salt, pie spice and cayenne in a large bowl. Add the pumpkin mixture to the dry ingredients and whisk until smooth.
4. Remove the muffin pan from the oven and coat it with cooking spray. Divide the batter among the prepared cups. Bake the popovers until they are puffed and browned, about 25 minutes. Remove the popovers from the oven and reduce the oven temperature to 350°. With a small knife cut small slits into the sides of the popovers, about 3 or 4 per popover. Bake an additional 7 to 10 minutes. Serve hot.

Portion-Per-Serving Information (Yields 12 servings):

1 serving = 1 popover = 1 G

Note: You can prepare these up to 8 hours in advance. Reheat at 325° for 7 minutes.

*www.eatingwell.com