Healthy Recipe of the Month

Crunchy Pumpkin Pie 🌿 🍁
With Thanksgiving Day approaching, it’s time to think of foods to share with friends and family. One of my favorite desserts is pumpkin pie. I usually make the typical kind, using shortening for the crust. However shortening is definitely on the list of foods to avoid for heart health, as it is heavy in trans-fat. Here is an alternative pumpkin pie, with a delicious and healthy crust!

Let us know if you try out this recipe and let us know what you think!

Recipe submitted by: Nancy Rogers, RDN, MS
Recipe from: National Institute of Health

Crunchy Pumpkin Pie
Serves: Makes one 9” pie; serves 8
Cook time: 55 minutes
Ready in 80 minutes

Ingredients

Crust:
• 1 cup quick cooking oats
• ¼ cup whole wheat flour
• ¼ cup ground almonds
• 2 Tbsp brown sugar
• ¼ tsp salt
• 3 Tbsp vegetable oil
• 1 Tbsp water

Filling:
• ¼ cup brown sugar, packed
• ½ tsp ground cinnamon
• ¼ tsp ground nutmeg
• ¼ tsp salt
• 1 egg, beaten
• 4 tsp vanilla extract
• 1 cup canned pumpkin
• 2/3 cup evaporated skim milk

Directions
1. Preheat oven to 425°.
2. For the crust, mix oats, flour, almonds, brown sugar, and salt in a small bowl.
3. Blend oil and water into a measuring cup and whisk with a fork until combined.
4. Add oil mixture to dry ingredients and mix well. If needed, add a small amount of water to hold mixture together.
5. Press into a 9” pie pan, and bake 8-10 minutes or until lightly browned.
6. Next to prepare the filling, mix brown sugar, cinnamon, nutmeg, and salt in a bowl.
7. Add egg and vanilla and blend.
8. Then add pumpkin and milk and stir to combine.
9. Pour filling into the crust, turn oven down to 350° and bake for 45 minutes or until a knife inserted near the center comes out clean.

Nutrition Facts
Serving Size (93g)
Servings Per Container
Amount Per Serving
Calories 190 Calories from Fat 70
Total Fat 8g 12%
Saturated Fat 0.5g 3%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 180mg 8%
Total Carbohydrate 26g 9%
Dietary Fiber 3g 12%
Sugars 14g
Protein 5g

Vitamin A 80% • Vitamin C 0%
Calcium 8% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories: 2,000 - 2,500
Fat 65g • Carbohydrate 300g • Protein 30g