

## December 2021

### DECEMBER – December 25<sup>th</sup> National Pie Day

Often eaten during the fall and winter months through Thanksgiving and Christmas, pumpkin pie is a traditional dessert. The pumpkin itself is a symbol of harvest.

Pumpkin pie is typically made with pumpkin puree, eggs, evaporated and/or sweetened condensed milk, and sugar and is typically flavored with nutmeg, cinnamon, cloves and ginger.

A single slice of pumpkin pie can serve up around 300 calories, 13g fat, 46g of carbs, 25g sugar.

Try the lightened up version below this holiday season!

### Pumpkin Pie

Ingredients:

- 2 cups unsweetened canned pumpkin
- 1 small package instant vanilla pudding mix, sugar-free
- 3½ cups lite frozen whipped topping,
- 1¼ teaspoons pumpkin pie spice
- 1 prepared graham cracker pie crust

1. In a large bowl, combine pumpkin, 2½ cups whipped topping, pudding and spices.
2. Beat with an electric mixer at low speed for 1 to 2 minutes or until well blended.
3. Spread evenly into graham cracker crust and top with remaining 1 cup whipped topping.
4. Quick chill in the freezer for 10 minutes or until ready to serve. Store in the refrigerator.

*Lighter Pumpkin pie (1 slice, 1/8<sup>th</sup> of pie)*

Calories: 136 Total Fat: 4g Sodium: 234mg Carbohydrates: 25g Sugar: 8g

*Original Pumpkin Pie (1 slice, 1/8<sup>th</sup> of pie)*

Calories: 323 Total Fat: 13g Sodium: 318mg Carbohydrates: 46g Sugar: 25g