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Pumpkin Pie

- 16 Ounces pumpkin
- 12 Ounces evaporated skim milk
- 2 Tbsp butter substitute suitable for baking, softened
- 2 Eggs, or equivalent egg substitute
- 3/4 Cup sugar substitute suitable for baking
- 1/2 Cup HeartSmart Bisquick mix
- 2 1/2 Tsp pumpkin pie spice
- 2 Tsp vanilla

- 1) Spray a 10-inch microwave-safe pie plate with cooking spray. Place a prepared whole wheat pie crust into the plate.
- 2) Beat together pumpkin, evaporated skim milk, butter substitute, eggs, sugar substitute, Bisquick, pumpkin pie spice, and vanilla, one minute in blender on high or two minutes with hand beater. Pour into prepared pie plate.
- 3) Microwave on inverted microwaveable dinner plate on medium-high (about 70% power), rotating plate a quarter turn every five minutes. You don't need to manually rotate if yours rotates automatically.
- 4) The pie is done when a knife inserted in center comes out clean, between 22 and 28 minutes cooking time. Cool on flat heatproof surface. Don't place pie on a cooling rack.

Makes 8 Servings

