

SUGAR-FREE PUMPKIN PIE

Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1/8 slice

Nutrition (per serving)

Calories: 121

Total Carbohydrate: 13

Total Fat: 7 g

Dietary Fiber: 2 g

Saturated Fat: 1 g

Protein: 3 g

Sodium: 187 mg

Ingredients

3 cups canned pumpkin puree

14 ounces soft or silk tofu

$\frac{3}{4}$ cup Splenda

$\frac{1}{2}$ tsp salt

1 tsp cinnamon

$\frac{1}{2}$ tsp ginger

$\frac{1}{2}$ tsp powdered cloves

$\frac{1}{4}$ tsp nutmeg

- 2 eggs
- 1 Tbsp vanilla
- 2 pre-baked 9-inch pie shells

Directions

1. Preheat oven to 350 degrees.
2. Using a food processor or blender, combine all ingredients (except pie shells). Blend until smooth.
3. Distribute mixture evenly into both pie shells, and bake for 1 hour.