

PUMPKIN PIE CUPS

Pumpkin Pie Cups

Gluten Free, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 12 (Serving= 1 pumpkin pie cup)

Nutrition (per serving)

Total Fat: 1.5 g	Total Carbohydrate: 21
Saturated Fat: 0 g	Dietary Fiber: 1 g
Sodium: 135 mg	Calories: 121
	Protein: 4 g

Ingredients

- 15 ounce can 100% pure pumpkin
- 4 egg whites or ½ cup egg substitute
- ¼ cup sugar
- ¼ cup granulated Splenda®
- 10 ounces evaporated skim milk
- ¼-½ tsp ground cinnamon
- Pinch each of ground nutmeg and ginger
- Cooking spray
- 20 gingersnaps or 10 graham cracker squares (use gluten free graham crackers for GF version)

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. In a medium bowl, whisk together pumpkin, egg whites/substitutes, sugar, Splenda®, evaporated skim milk and spices.
3. Spray 2 muffin tins (6 muffin capacity per tin) with cooking spray and pour mixture evenly into each muffin cup. (no muffin liner necessary)
4. Bake for 30 minutes. Once baked, place muffin tins in refrigerator for 5 or more hours (until pumpkin cups are completely chilled).
5. Grind cookies in a food processor and empty onto a plate. Carefully flip muffin tins over onto a different plate to release pumpkin pie cups. Roll the bottom and sides of the pumpkin pie cups in the cookies and top with light whipped topping. Keep refrigerated.