

# Lightened Up Pumpkin Pie



## Ingredients

- 5 oz canned pumpkin
- 2 tbsp whipped butter (softened)
- 3/4 cup Splenda or Truvia brown sugar (unpacked)
- 1/2 cup fat-free milk
- 1 large egg
- 2 large egg whites
- 1/2 teaspoon pumpkin pie spice
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 tsp vanilla extract
- 1 frozen reduced fat pie crust (thawed to room temperature)

## Directions

- Preheat oven to 350°F.
  - Lightly dust a large cutting board or flat surface with flour. Roll out a room temperature pie crust sheet, so that it becomes thin enough to cut off about 30%, so that your final crust is 5 oz.
  - Place into a 9-inch pie dish, cutting off excess dough.
  - Place pumpkin puree in a large bowl. Add butter, and mix well.
  - Using an electric mixer, mix in brown sugar, milk, eggs, egg whites, pumpkin pie spice, cinnamon, nutmeg, and vanilla. Beat on medium speed until the mixture is smooth.
  - Pour filling into unbaked pie crust. Bake about 70 to 75 minutes, or until knife inserted in center comes out clean.
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