

Double Layer Pumpkin Pie

Serving Information

Makes approximately 16 servings (2-8 piece pies)

Ingredients

1½ cups graham cracker crumbs
 4 Tbsp. reduced-fat margarine
 4 oz. reduced-fat cream cheese (Neufchatel)
 2 Tbsp. skim milk
 2 packets artificial sweetener (Equal or aspartame)
 1 8-oz tub "lite" frozen whipped topping, thawed
 1 cup skim milk
 2 boxes sugar-free instant vanilla pudding (4 serving size)
 1 15-oz can pumpkin (NOT pie mix)
 1tsp. cinnamon
 ½ tsp ginger
 ¼ tsp. ground cloves (or use 1½ tsp. pumpkin pie spice in place of cinnamon, ginger, and cloves)

Equipment

2 pie pans or 9x13 pan
 2 mixing bowls
 Measuring cups & measuring spoons
 Electric mixer or wire whisk & rubber scraper

Directions

1. Mix Graham cracker crumbs and reduced-fat margarine with fork until will blended. Press into bottom of two 9" pie pans or one 9 x 13 pan. Bake for 5-7 minutes at 350. Cool while mixing next layer.
2. Beat softened reduced-fat cream cheese until very smooth. Beat in 2 Tbsp. skim milk and the artificial sweetener. Carefully stir in half of the carton of thawed reduced calorie frozen whipped topping. Spread on cooled graham cracker crust. Place in refrigerator while mixing next layer.
3. Pour skim milk into chilled bowl. Sprinkle both boxes of pudding mix on milk. Beat on low speed. Mixture will thicken. Stir in pumpkin and spices. Fold in remaining whipped topping. Spread on cream cheese layer. Chill for one hour.

Source: Dining with Diabetes WVUES, 2000-Present

Nutrition Facts

Serving Size (78g)

Servings Per Container 16

Amount Per Serving

Calories 120 **Calories from Fat 50**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 3g **15%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 190mg **8%**

Total Carbohydrate 16g **5%**

Dietary Fiber 1g **4%**

Sugars 6g

Protein 2g

Vitamin A 80% • **Vitamin C 0%**

Calcium 4% • **Iron 2%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

