
Sugar Free Pumpkin Pie

- 1 (9 inch) whole wheat pie crust, baked
- 1 (.25 ounce) envelope unflavored gelatin
- 2 tablespoons cornstarch
- 1 1/4 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/2 teaspoon ground ginger
- 1/4 teaspoon salt
- 1 (15 ounce) can pumpkin puree
- 1 (12 fluid ounce) can evaporated milk
- 2 eggs, beaten
- 16 packets artificial sweetener

Steps:

- In a large saucepan, combine gelatin, cornstarch, spices and salt. Stir in pumpkin and evaporated milk. Let stand for 5 minutes to soften gelatin.
- Cook and stir over medium heat until mixture bubbles; cook and stir for 2 minutes after bubbling. Remove from heat.
- In a medium bowl, gradually stir about 1 cup of cooked mixture into beaten eggs. Return to remaining mixture in saucepan and cook over low heat for 2 minutes; do not boil. Remove from heat and stir in artificial sweetener after filling has cooled to 140° F.
- Pour mixture into pie crust; cover and chill for 6 hours or overnight. Serve with whipped cream if desired.

Nancy Adler

CERTIFIED FITNESS & NUTRITION C.F.T./S.P.N.

2511 Fire Road Suite B7
Egg Harbor Township, NJ 08234
609-677-5599