

# Pumpkin Cheese Pie

Submitted by  
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*This smooth and  
creamy dessert will  
delight your palate*



## Health Tip

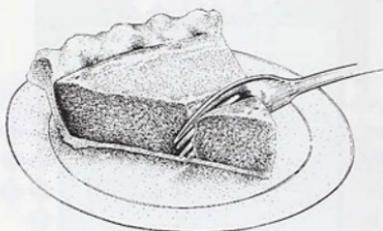
This dessert offers vitamin A, protein and fiber, that's pretty good as far as desserts go.

## Nutrients per serving:

Calories: 226  
Protein: 6.6 g  
Fat: 7.3 g  
Saturated fat: 2.3 g  
Cholesterol: 32 mg  
Sodium: 265 mg  
Fiber: 1.6 g  
Carbohydrate: 35 g



46



## Pumpkin Cheese Pie

Preparation time: 15 minutes

- 1 8-oz stick of reduced fat cream cheese
- 1 8-oz stick non fat cream cheese
- 2 eggs
- 4 egg whites
- 1 1/4 cup of sugar
- 1 29-oz can of pumpkin
- 1 teaspoon of ginger
- 1 tablespoon of ground cinnamon
- 2 9" graham cracker pie crusts

Preheat oven 350° F.

Place the cream cheese, eggs and sugar in a large mixing bowl, mix at medium speed until creamed. Add the remaining ingredients, mix at medium speed until ingredients are well mixed. Spoon the mixture evenly in each pie crust and place both in the oven for approximately 50 minutes until pies look firm in the middle.

**Serves:** 16

Serving size: 1/8 piece of pie

Estimated cost per serving: \$0.40