

Pumpkin Smash

POINTS® Value: 1

Servings: 8

Preparation Time: 0 min

Cooking Time: 45 min

Level of Difficulty: Easy

Course: desserts

Ingredients

15 oz canned pumpkin, pure pumpkin
12 oz fat-free evaporated milk
1/2 cup(s) fat-free egg substitute
2 tsp McCormick Pumpkin pie spice
3/4 cup(s) McNeil Nutritionals SLENDA No Calorie Sweetener

Instructions

Directions:

preheat oven to 350 degrees.

combine all ingredients in a bowl, and mix thoroughly.

place mixture in a baking dish (8 x 8 works well) =9 pieces or (pie pan=8 pieces)
sprayed lightly with nonstick spray, and bake in the
oven for 45 minutes. (It will remain a little soft, like pie filling.)

Once ready to serve (it's delicious hot or cold),cut into pieces.
pie pan=8 pieces or 8X8=9 pieces...still 1 point each for either.
Serve and enjoy!