Crock-pot Crustless Pumpkin Pie

This is a delicious reduced calorie version of a holiday favorite.

1 15-ounce can of pumpkin
1 12-ounce can of evaporated skim milk
½ cup low fat baking mix
½ cup Splenda brown sugar blend
2 eggs beaten, or 6 egg whites
2 tsp pumpkin pie spice

Combine all ingredients in a bowl. Stir until lumps disappear. Add to a slow cooker that has been sprayed with cooking spray. Cover and cook on low for 3-4 hours. Serve warm or cold with a dollop of low fat whipped topping. Makes 12 servings.

Nutritional Analysis per serving:
Calories: 99, Total Fat: 0.3 grams, Saturated fat: 0.1 grams, Fiber: 1.3 grams, Cholesterol: 0 mg, Sodium: 126 mg, Carbohydrates: 18 grams, Protein: 4.5 grams

PUMPKIN CROCKPOT PUDDING

15 oz can pumpkin
12 oz can evaporated skim milk
1/3 cup Splenda brown sugar
½ cup light Bisquick or better baking mix
2 eggs beaten (or ½ cup egg substitute)
2 tsp pumpkin pie spice

Blend all ingredients. Pour into sprayed crockpot. Cook on low for 3-4 hours. Makes 12 1/3 cup servings or 8 1/2 cup servings.

1/2 cups servings: 140 calories, 22 gram carb, 2.5 gram fiber, 1.5 gram fat
1/3 cup serving: 94 calories, 15 gram carb, 1.8 gram fiber, 1 gram fat

Sprinkle with ½ crushed gingersnap and ½ Tbsp toasted nuts: add 30 calories, 2 grams carb, 2 grams fat