



# Harvest Pumpkin Pie

Serves 10 slices

## Ingredients:

2 cups canned pumpkin puree  
2/3 cup firmly packed light brown sugar  
1/4 cup sugar  
2 tablespoons flour  
1 1/2 teaspoons ground cinnamon  
1/2 teaspoon ground nutmeg  
1/2 teaspoon ground ginger  
1 1/4 cups low-fat milk  
2 egg whites  
1 egg  
1 1/2 teaspoons vanilla extract  
For the Crust:  
1 1/3 cups cake flour  
1 tablespoon granulated sugar  
1/2 teaspoon salt  
3 tablespoons cold water

## Directions:

1. To prepare the crust, in a medium bowl, stir together cake flour, sugar, and salt. Stir in oil and water until mixture forms a ball. Wrap ball in plastic wrap; refrigerate for 30 minutes.
2. Preheat oven to 400oF. Roll dough between two sheets of waxed paper until 1/8 inch thick. Place in deep 9-inch pie plate. Trim excess dough. Crimp edges.
3. In a large bowl, stir together pumpkin puree, brown and granulated sugars, and all-purpose flour. Add spices; stir to blend. Whisk in milk, egg whites, egg and vanilla. Pour the pumpkin mixture into prepared crust.
4. Bake until filling is set but still slightly loose in center, about 40-45 minutes. Place pie on a wire rack and cool completely.

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**FeatureIntro:** A perfect dessert for Thanksgiving.

**MainIngredient:** Pumpkin Puree

**Season:** Fall

**RecipeIntro:** A delicious twist on the classic dessert.

**Week:** 201945

**CookingMethod:** Bake