
Pumpkin Pie (Crustless)

Ada Guerber

Nettles Island Cooking in Paradise - 2014

2 cups canned pumpkin
1 1/2 cups low-fat milk or evaporated fat-free milk
3/4 cup sugar
1/2 cup bisquick® baking mix
2 tablespoons margarine (reduced calorie)
2 1/2 teaspoons pumpkin pie spice
2 teaspoons vanilla
2 large eggs
cooking spray

In a large bowl, combine all of the ingredients. Mix for 2 minutes with a whisk.

Preheat the oven to 350 degrees.

Spray the baking dish with cooking spray. Pour the mixture into the nine-inch pie dish.

Bake at 350 degrees for 50 minutes.

Per Serving (excluding unknown items): 1176 Calories; 20g Fat (14.9% calories from fat); 22g Protein; 234g Carbohydrate; 16g Dietary Fiber; 424mg Cholesterol; 868mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 1/2 Lean Meat; 8 Vegetable; 2 1/2 Fat; 10 Other Carbohydrates.