

## Crunchy Pumpkin Pie

(Makes 9 servings | Serving Size: 1/9 of a 9-inch pie)

*This pie uses only a small amount of oil in the crust and skim milk in the filling to make it heart-healthy.*

### **Ingredients:**

*For the pie crust:*

- 1 cup quick cooking oats
- ¼ cup whole wheat flour
- ¼ cup ground almonds
- 2 tablespoons brown sugar
- ¼ teaspoon salt
- 3 tablespoons vegetable oil
- 1 tablespoon water

*For the pie filling:*

- ¼ cup packed brown sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon salt
- 1 egg, beaten
- 4 teaspoon vanilla
- 1 cup canned pumpkin
- 2/3 cup evaporated skim milk

### **Directions:**

- 1) Preheat oven to 425° F.
- 2) Mix oats, flour, almonds, sugar, and salt together in small mixing bowl.
- 3) Blend oil and water together in measuring cup with fork or small wire whisk until emulsified.
- 4) Add oil mixture to dry ingredients and mix well. If needed, add small amount of water to hold mixture together.
- 5) Press into a 9-inch pie pan and bake for 8 – 10 minutes, or until light brown.
- 6) Turn down oven to 350° F.
- 7) Mix sugar, cinnamon, nutmeg, and salt together in a bowl. Add eggs and vanilla and mix to blend ingredients. Add pumpkin and milk and stir to combine. Pour into prepared pie shells.
- 8) Bake 45 minutes at 350° F or until knife inserted near center comes out clean.

### **Nutritional Analysis:** (per serving)

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|----------------------|-----------------------|
| ▪ Calories: 117      | ▪ Carbohydrates: 24 g |
| ▪ Total Fat: 8 g     | ▪ Sodium: 153 mg      |
| ▪ Saturated Fat: 1 g |                       |

### **Source:**

From [Stay Young at Heart: Cooking the Heart-Healthy Way](http://www.nhlbi.nih.gov/health/public/heart/other/syah/index.htm), brought to you by the National Heart, Lung, and Blood Institute. For more details, visit: <http://www.nhlbi.nih.gov/health/public/heart/other/syah/index.htm>