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Oakhurst, NJ
732.663.0222

Marlboro, NJ
732.536.2027

Brooklyn, NY
718.998.8898

Cedarhurst, NY
516.569.6400

PUMPKIN SMASH

Advanced Lifestyle

Ingredients

One 15-oz. can pure pumpkin
One 12-oz. can evaporated fat-free milk
½ cup fat-free liquid egg substitute (such as Egg Beaters)
¾ cup Splenda (granulated)
2 TSP pumpkin pie spice

Instructions

1. Preheat oven to 350°.
2. Combine all ingredients in a bowl, and mix thoroughly.
3. Place mixture in a baking dish (8" x 8" works well) sprayed lightly with nonstick spray, and bake in the oven for 45 minutes. (It will remain a little soft, like pie filling.)
4. Once ready to serve (hot or cold), cut into 9 pieces.

Portion-Per-Serving Information (Yields 9 servings):

1 serving = 1/9th of the recipe = 1 FR (your 3rd "fruit" of the day—make your other 2 REAL fruits)

courtesy of www.hungrygirl.com