



# No-Crust Pumpkin Pie

Servings 8 | Prep time 10 mins. | Total time 1 hour 5 mins.

**Equipment:** 9-inch pie pan, Large bowl,  
Aluminum foil

**Utensils:** Fork or spoon for stirring, Toothpick,  
Measuring cups and spoons

## Ingredients

Non-stick spray

2 large eggs

1 15 ounce can pumpkin puree

1 1/2 tablespoons canola oil OR vegetable oil

1/4 teaspoon salt

2 teaspoons pumpkin pie spice OR 1 teaspoon  
cinnamon, 1/2 teaspoon ginger, 1/4 teaspoon  
nutmeg

1 cup non-fat dry milk

1/4 cup all-purpose flour

2/3 cup sugar

3/4 cup water

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, and tops of cans.
2. Preheat oven to 350 degrees. Spray a 9-inch pie pan with non-stick spray. Set aside.
3. Crack eggs into a large bowl. Wash hands with soap and water after cracking raw eggs. Add remaining ingredients except water and mix together.
4. Slowly stir in water until well mixed. Pour into prepared pie pan.
5. Bake for 45 to 55 minutes total, checking at 40 minutes. If edges are overly browning remove from oven and apply a loose ring of tin foil covering the edges, and put back in oven until finished. Pie is finished when middle of pie is set, and when inserted toothpick comes out clean.

## Nutritional Information:

Calories 170

Total Fat 4g

Sodium 140mg

Total Carbs 28g

Protein 6g