

HEART HEALTHY RECIPE

Try this recipe for a heart healthy alternative to a favorite holiday staple:

Streusel Pumpkin Pie

¼ cup packed brown sugar
¼ cup quick cooking oats
1 Tbsp. margarine, softened
1 can (15 oz.) pumpkin
1 can (12 oz.) evaporated skim milk
½ cup egg substitute or 4 egg whites
½ cup sugar
½ cup all purpose flour
1 ½ tsp. pumpkin pie spice
¾ tsp. baking powder
1/8 tsp. salt
2 tsp. grated orange peel

Preheat oven to 350 degrees. Spray pie pan with cooking spray. Mix together brown sugar, oats, and margarine, set aside. Mix the remaining ingredients in the order listed. Mix until smooth. Pour into pie plate. Sprinkle with brown sugar topping. Bake 50-55 minutes or until knife inserted in center comes out clean. Cool 15 minutes. Refrigerate about 4 hours or until chilled.

Serving size: 1/8th pie. (makes 8 servings)
Per Serving: Calories – 200, Saturated Fat – 0 g,
Cholesterol – 2 mg, Sodium – 230 mg.,
Carbohydrates: 38g, Fiber – 2 g, Protein – 7 g.
Diabetic Exchange: 2 ½ Carbohydrate Choices