

## Healthier Pie Crust

- 1 + 1/8 cup whole wheat flour
- 1/2 + cup sunflower seeds
- 1/16 cup flax seeds (whole)
- 1/4+ cup oats
- 1/4 cup flax seed meal
- 1/4 cup graham meal (grind up graham crackers)
- 2 tablespoons brown sugar
- 1/4 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/2 cup olive oil
- 1/3 cup milk (or soy milk or water) - may need a little extra

Mix dry ingredients well, then add oil and milk. Mix together with a fork until it's the consistency of cookie dough. May need to add a little extra milk. Press into pie pan. If using spring form, make a wall around the edge. Add your pie filling and bake per pie instructions.



## Low-Fat High-Flavor Pumpkin Pie Filling

- 4 egg whites, slightly beaten
- 16 ounce can pumpkin (or the meat from 1-lb pumpkin)
- 1/2 cup brown sugar
- 2 Tbsp molasses
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1/2 tsp pumpkin pie spice
- 12 oz can evaporated skim (fat free) milk
- 9" unbaked pie shell

Preheat oven to 425 F. Combine ingredients in above order. Mix well. Pour into pie shell. Bake for 15 minutes at 425F. Then reduce temperature to 350F, and bake for 45 more minutes. Makes 8 servings.

Each piece of pumpkin pie has 240 Cal, 7 g fat, 3 g saturated fat, and 7 mg cholesterol.

Without the crust, each piece would have 130 Cal, 0 fat, 0 saturated fat, and 2 mg cholesterol. For a low sugar version, use Splenda™ instead of brown sugar, and increase molasses to 3 tablespoons.



Recipe by Megan Ellison, MS, RDN, CSOWM, CDCES