



Pumpkin Pie Recipe

Ingredients:

- 1 Diet Center Plain Pancake mix
- 1 Diet Center Vanilla Drink Mix
- 1 egg, beaten
- ¼ cup Walden Farms Maple Syrup
- ½ cup rutabaga puree
- 1 teaspoon pumpkin pie spice
- 1 teaspoon Walden Farms Orange Marmalade (optional, but good)

Crust Instructions:

1. Prepare Plain Pancake Mix with 60ml or ¼ cup water in 1 9–10-inch pan.
2. While still warm, press into a 5–6-inch pie plate.

Filling Instructions:

1. In a mixing bowl, add 1 beaten egg, ¼ cup Maple Syrup, ½ cup rutabaga puree, 1 pack Vanilla Drink Mix, 1 teaspoon pumpkin pie spice and 1 teaspoon WF Orange Marmalade (optional, but good!). Beat until smooth.
2. Pour into prepared crust.
3. Bake at 325°F for 45 minutes. Let completely cool. Serve with a drizzle of Maple Syrup and sprinkle of Pumpkin Pie spice.

Servings:

Makes one serving which includes two protein packets, 1.5 “extras” and ½ cup of your Occasional Vegetables.