

# Crunchy Pumpkin Pie

This low-fat pumpkin pie has a nutritious crust made from heart-healthy oats, whole-wheat flour and ground almonds.



Just a small amount of oil in the crust and fat-free milk in the filling make this tasty pumpkin pie low in fat.

## Ingredients:

### Crust:

1 cup quick-cooking oats  
1/4 cup whole-wheat flour  
1/4 cup ground almonds  
2 Tablespoons brown sugar  
1/4 teaspoon salt  
3 Tablespoons canola oil  
1 Tablespoon water

### Filling:

1/4 cup packed brown sugar  
1/2 teaspoon cinnamon  
1/4 teaspoon nutmeg  
1/4 teaspoon salt  
1 egg, beaten  
4 teaspoons vanilla  
1 cup canned pumpkin  
2/3 cup evaporated fat-free milk

## Preparation:

Preheat oven to 425 degrees F.

Mix oats, flour, almonds, brown sugar and salt together in small mixing bowl. Blend oil and water together in measuring cup with fork or small wire whisk until mixed. Add oil mixture to dry ingredients and mix well. If needed, add small amount of water to hold mixture together.

Press into a 9-inch pie pan and bake for 8 to 10 minutes, or until light brown. Turn down oven to 350 degrees F.

Mix brown sugar, cinnamon, nutmeg and salt together in a bowl. Add egg and vanilla and mix to blend ingredients. Add pumpkin and milk; stir to combine.

Pour into the prepared pie shell. Bake for 45 minutes at 350 degrees F or until knife inserted near the center comes out clean.

## Nutrition Facts

Yield 9 servings

Amount Per Serving

**Calories** 177

**Fat** 7.5 g

**Saturated fat** 1 g

**Cholesterol** 22 mg

**Protein** 3 g

**Carbohydrates** 20 g

**Fiber** 2.5 g

**Sodium** 153 mg

M52755 5/13

© 2013 United HealthCare Services, Inc.

Recipe Source: myOptumHealth



For more recipes and health information, visit [myuhc.com](http://myuhc.com)<sup>®</sup>