



Low Fat Pumpkin Pie

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Submitted By: Vitamix

Dietary Interests: [Vegetarian](#), [Low Fat](#), [Low Cholesterol](#)

Yield:

3 9-inch pie crusts (225 cm)

Total Time:

1 Hour 10 Minutes

Difficulty:

Intermediate

Ingredients

- 1 cup (240 ml) egg substitute
- 3 1/2 cups (850 g) pumpkin, canned
- 1 1/2 cups (300 g) granulated sugar
- 1 teaspoon salt
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 3 cups (720 ml) evaporated low fat milk
- 3 unbaked 9-inch (22.5 cm) pie shells
- Whipped topping (optional)

Directions

1. Preheat oven to 425°F (220°C).
2. Place all ingredients into the Vitamix container and secure lid.
3. Select Variable 1.
4. Turn machine on and slowly increase speed to Variable 4 or 5.
5. Blend for 20-25 seconds or until smooth.
6. Pour into three 9-inch (23 cm) unbaked deep-dish pie shells.
7. Bake for 15 minutes. Reduce oven temperature to 350°F (180°C). Bake for 40 minutes.
8. Filling will be soft, but firms up as it sets and cools.
9. Chill and serve topped with whipped topping.

For one pie, cut recipe in half.

This recipe has been written for the C-Series machines with Variable Speed control and Standard 64-ounce container. If you are using a different Vitamix machine or container size, you may need to make adjustments to the Variable Speed, processing time, and/or ingredient quantities.

Nutrition Information

Serving Size

1 slice



Amount Per Servings

Calories	220
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	2 mg
Sodium	331 mg
Total Carbohydrate	36 g
Dietary Fiber	2 g
Sugars	27 g
Protein	6 g