

## Holiday Pie: Pumpkin is Your Best Choice!

(Family Features) The holiday season welcomes good company and great food, especially when it comes to dessert. And what better way to embrace this festive time of year than to indulge in a delightful holiday pie.



Holiday pies include classics, such as apple, cherry and pecan, but traditional pumpkin pie remains a perennial favorite. Not only is pumpkin delicious and packed with nutrients, but it can also be used to make a variety of better-for-you holiday pies.

Here are a few tricks and tips to making a nutritious pumpkin pie.

- **Indulge in sweet traditions.** Make pumpkin pie your pie-of-choice. A classic holiday favorite, you can feel good about saying “yes” to your sweet tooth. At only 280 calories a slice, Libby’s® Famous Pumpkin Pie saves you at least 110 calories (and half the fat!) over a comparable slice of cherry pie. Plus it’s an excellent source of vitamin A and provides 15 percent of your Daily Value of calcium.
- **Need more whole grains?** Use a whole-grain crust instead of a traditional pie crust for more fiber. Whole-grain crusts are a delicious way to add a nutritious boost to your favorite pumpkin pie recipes.
- **Searching for a gluten-free recipe?** Libby’s 100% Pure Pumpkin is naturally gluten-free. Pair the famous filling with a nut based and/or gluten-free grain based crust to enjoy gluten-free pumpkin pie. For gluten-free and whole-grain pie crust recipes, check out [VeryBestBaking.com](http://VeryBestBaking.com).
- **Personalize your pie.** Enjoy a healthier version of the traditional pumpkin pie by making these 100-Calorie Pumpkin Pie Tartlets. Whether you serve these mini-pies as a fancy dessert at a holiday dinner or keep these for yourself as a portion controlled, fun snack, at only 100 calories you can feel good about indulging!

Whether you’re looking for a low cholesterol or reduced sugar recipe, pumpkin is so versatile it can be used to add a nutritious boost to a variety of holiday desserts and everyday recipes. For more information, visit [VeryBestBaking.com/LibbysCompare](http://VeryBestBaking.com/LibbysCompare).

### 100-Calorie Pumpkin Pie Tartlets

(Makes 16 servings)

16 (2 1/2-inch) foil baking cups  
Nonstick cooking spray  
3/4 cup granulated sugar  
1 tablespoon cornstarch  
1 teaspoon ground cinnamon  
1/2 teaspoon ground ginger  
1/2 teaspoon salt

#F1921

Source: Libby’s

- 2 large egg whites
- 1 can (15 ounces) Libby's 100% Pure Pumpkin
- 1 can (12 fluid ounces) Nestlé® Carnation® Evaporated Fat Free Milk
- 1 cup fat free whipped topping
- 12 small gingersnap cookies, broken into 1/4-inch pieces

PREHEAT oven to 350° F. Place baking cups on baking sheet with sides. Spray each cup with cooking spray.

COMBINE sugar, cornstarch, cinnamon, ginger and salt in small bowl. Beat egg whites in large bowl. Stir in pumpkin and sugar mixture. Gradually stir in evaporated milk. Spoon 1/4 to 1/3 cup of mixture into each prepared cup.

BAKE for 25 to 28 minutes or until knife inserted near centers comes out clean. Cool on baking sheet for 20 minutes. Refrigerate for at least 1 hour. Top each with whipped topping and gingersnap crumbs.

Courtesy of Family Features