

# Pumpkin Custard Pie

*In this recipe, cornstarch replaces eggs as a thickener. (Serves 6)*

## **Filling:**

1-1/2 cups soymilk  
4 tablespoons cornstarch  
1-1/2 cups cooked pumpkin  
1/2 cup raw sugar or other sweetener  
1/2 teaspoon salt  
1 teaspoon ground cinnamon  
1/2 teaspoon ground ginger  
1/8 teaspoon ground cloves

## **Fat-free pie crust:**

*(makes one 9" crust)*

1 cup Grape Nuts cereal  
1/4 cup apple juice concentrate

## **For the filling:**

Preheat the oven to 375F.

In a large bowl, whisk together the soymilk and cornstarch until smooth, then blend in remaining ingredients. Pour into pie shell (recipe follows) and bake for 45 minutes, or until firm. Cool before cutting.

## **Fat-free pie crust:**

Preheat oven to 350F.

Mix the Grape Nuts and apple juice concentrate. Pat into a 9" pie pan. Bake for 10 minutes, then cool before filling.

*Nutrition information per slice:* 203 calories, 3.6 g protein, 47 g carbohydrate, 0.6 g fat, 3% of calories from fat, 0 mg cholesterol, 347 mg sodium