



UNIVERSITY OF ILLINOIS
EXTENSION

Double Layer Pumpkin Pie

Ingredients

Bottom Crust

1½ cups graham cracker crumbs
4 tablespoons reduced-fat margarine

Pie

4 ounces reduced-fat cream cheese (Neufchatel)
2 tablespoons plus 1 cup skim milk
2 packets Equal®
1 carton (8-ounce) Cool Whip Free®
2 boxes sugar-free instant vanilla pudding (4-serving size)
1 can (15-ounce) pumpkin
1 teaspoon cinnamon
½ teaspoon ginger
½ teaspoon ground cloves

Directions

1. Preheat oven to 350°.
2. Mix graham cracker crumbs and reduced-fat margarine with fork until well blended. Press into bottom of two 9-inch pie pans or one 15 x 22 inch pan.
3. Bake for 5-7 minutes at 350°. Cool while mixing next layer.
4. Beat softened reduced-fat cream cheese until very smooth. Beat in 2 tablespoons skim milk and Equal°.
5. Stir in half of the carton of thawed reduced-calorie frozen whipped topping.
6. Spread on cooled graham cracker crust. Place in refrigerator while mixing next layer.
7. Pour skim milk into chilled bowl. Sprinkle both boxes of pudding mix on milk. Beat with wire whisk or mixer on low speed for 1-2 minutes until thick. Stir in pumpkin and spices.
8. Fold in remaining half carton of frozen whipped topping. Spread on cream cheese layer.
9. Chill for at least 1 hour.

Cut into 16 pieces for serving. Refrigerate unused portions.

Nutrition Facts: Servings 16, Calories 100, Total Fat 4g, Cholesterol 5g, Sodium 190mg, Carbohydrate 15g, Dietary Fiber 1g, Protein 2g

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