



Upside-Down Pumpkin Pie



[Click here for a video demo](#) !

1/8th of pie: 144 calories, 0.5g total fat (0g sat fat), 110mg sodium, 30g carbs, 2g fiber, 26g sugars, 5g protein

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 6*

Purple Plan [SmartPoints](#)® value 6*

Prep: 15 minutes **Cook:** 45 minutes



Chill: 3 hours

Tagged: [Dessert Recipes](#), [Holiday Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

One 15-oz. can pure pumpkin (not pumpkin pie filling)
One 12-oz. can evaporated fat-free milk
2/3 cup granulated white sugar
1/2 cup fat-free liquid egg substitute
2 tsp. pumpkin pie spice
2 sheets (8 crackers) low-fat cinnamon graham crackers, finely crushed
Optional toppings: Fat Free Reddi-wip, cinnamon

Directions

Preheat oven to 350 degrees. Spray a deep-dish pie pan with nonstick spray.

In a large bowl, thoroughly whisk all ingredients except graham crackers.

Transfer mixture to the pie pan. Bake until partially firm, about 45 minutes.

Refrigerate until completely chilled and firm, at least 3 hours.

Sprinkle with crushed graham crackers. Enjoy!

MAKES 8 SERVINGS

HG Alternative: If you prefer natural no-calorie sweetener, use spoonable calorie-free Truvia instead of granulated white sugar. But since Truvia is about twice as sweet as sugar, halve the amount called for in the ingredients list. Each serving will then have 80 calories, 21.5g carbs, and 9g sugars (**SmartPoints**® value 2*).

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.