

Self-Crust Pumpkin Pie

In large bowl combine 2 large egg whites with 2 cups canned pumpkin.

Add:

1 cup nonfat dry milk

2/3 cup sugar

1 tsp. cinnamon

1/2 tsp ginger

1/4 tsp nutmeg

1/4 cup flour

Slowly stir in 1 cup water. Mix well, pour into prepared 9" pie plate. Bake at 350 for 45-55 min (until knife inserted in center comes out clean).

Serves 8 - 2 POINTS each