

Pumpkin Pie-lets

Make the pie-let filling up to 24 hours ahead of time and refrigerate until you're ready to use. Fill the shells just before baking so they don't become soggy.

Ingredients:

- mini fillo shells, 9
- egg whites, 2
- pumpkin puree, ¼ cup
- sugar-free maple flavored syrup, 1 tsp
- artificial sweetener brown sugar blend, 2 tsp
- whole grain oat flour, 1 /2 Tbsp
- vanilla extract, ½ tsp
- pumpkin pie spice blend, ⅓ tsp
- cinnamon, ¼ tsp
- baking powder, ⅛ tsp
- salt, 1 tsp (optional)
- light whipped topping, 9 tsp



1. Preheat the oven to 350° F. Line a small baking sheet with nonstick foil. Place the fillo shells side by side on the baking sheet so they don't touch.
2. In a small mixing bowl, using a sturdy whisk, mix the egg whites, pumpkin, maple syrup, sweetener, brown sugar, and flour together until well combined. Still using the whisk, stir in the vanilla, pumpkin pie spice, cinnamon, baking powder, and salt (optional) and continue mixing until well combined. Divide the filling among the fillo shells, about 1 tablespoon in each.
3. Bake the pie-lets for 10-15 minutes, or until a toothpick inserted in the center comes out sticky (it shouldn't be runny, but won't be dry). Allow them to cool to room temperature. Just before serving, top each pie-let with 1 teaspoon whipped topping. Enjoy immediately.

Yield: 3 servings of 3 pie-lets

Adapted from: diabetesfoodhub.org

Notes:

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Nutrition Facts	
3 Servings	
Serving Size	3 pie-lets
Amount per serving	
Calories	100
Total Fat 3g	
Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	
Sodium 140mg	
Total Carbohydrate 13g	
Dietary Fiber 1g	
Total Sugars 5g	
Protein 3g	
Potassium 105mg	
Phosphorus 45mg	