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## *MFit Silky Smooth Tofu Pumpkin Pie*

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### **Crust:**

vegetable cooking spray  
6 tablespoons walnuts  
 $\frac{3}{4}$  cup oatmeal, uncooked  
 $\frac{3}{4}$  cup Grape-Nuts cereal  
 $\frac{3}{4}$  cup golden raisin  
2 tablespoons apple cider jelly, red  
currant jelly or apricot preserves,  
melted

### **Filling:**

3 egg whites  
 $\frac{1}{2}$  cup dark brown sugar  
 $\frac{1}{2}$  cup cooked mashed pumpkin  
2 10  $\frac{1}{4}$  ounce packages silken tofu soft  
 $\frac{1}{2}$  teaspoon vanilla extract  
1 teaspoon pumpkin pie spice

**Method:** Preheat oven to 400° F.

1. Spray 9-inch pie dish with vegetable cooking spray.
2. In the bowl of a food processor fitted with the steel “S” blade, blend the nuts and cereals. With the machine running, add the raisins through the feed tube, and continue to purée until the consistency of coarse meal.
3. Press mixture into the bottom and up the side of the pie dish, and bake in preheated oven for approximately 8 minutes, or until just beginning to turn golden brown. Remove from oven and allow to cool, then brush with melted jelly to seal the crust. Reduce the heat to 350°.
4. Meanwhile, combine the egg whites, brown sugar, pumpkin, tofu, vanilla and spice in the food processor and purée until smooth.
5. Pour into partially baked crust and bake in a water bath\* in 350° F. oven for approximately 50 minutes or until tester inserted in center comes out clean.

*Makes 10 servings.*

### **Note:**

\*To assemble a water bath, fill a shallow pan with about 1 inch of water and set the pie dish in the water, making sure that the water does not spill over into the pie.

### **Nutrient calculations** (per 1/10 of pie serving):

Calories 207, Total Fat 4.9 g. (Sat. 0.5 g.), Cholesterol 0 mg., Carbohydrate 36 g., Dietary Fiber 2.3 g., Protein 7 g., Sodium 80 mg., Calcium 45 mg., Iron 2.6 mg.

**Exchanges:** 1 starch, 1 fruit,  $\frac{1}{2}$  medium-fat meat,  $\frac{1}{2}$  fat,  $\frac{1}{2}$  other.

Recipe source: MFit High Fit Low Fat Vegetarian cookbook