

Healthier Goodies

Traditional Pecan Pie

Serving Size: 1/8 of the pie
Calories: 575
Carbs: 71 grams
Protein: 7 grams
Fat: 32 grams

No Crust Pumpkin Pie

Serving Size: 1/8 of the pie
Calories: 133
Carbs: 28 grams
Protein: 6 grams
Fat: 0.3 grams

Traditional Egg Nog

Serving Size: 1 cup
Calories: 343
Carbs: 34.5 grams
Protein: 9.7 grams
Fat: 19 grams

Healthy Egg Nog

Serving Size: 1 cup
Calories: 100
Carbs: 11.8 grams
Protein: 9.2 grams
Fat: 1.6 grams

No Crust Pumpkin Pie

Ingredients

1/2 c. fat free egg substitute
15 oz can pure pumpkin
1/3 c. white sugar
1/3 c. packed brown sugar
1/4 tsp. salt
1 1/2 tsp cinnamon
3 tbsp white flour
1 c. dry milk
1 c. water

Directions

1. Mix all ingredients except water together in a large bowl.
2. Gradually stir in water until well mixed.
3. Spray a 9-inch pan with cooking spray. Pour batter into pan.
4. Bake at 350° for 45-55 minutes or until knife inserted 1 inch from the center comes out clean.

**Keep pie chilled after cooking.

Number of Servings: 8

Healthy Egg Nog

Ingredients

3 tbsp of egg substitute
½ cup of non-fat vanilla soymilk or skim milk
½ tsp of vanilla extract
2 tsp of sugar substitute
1 tbsp of fat free vanilla creamer
Pinch of cinnamon and nutmeg

Directions

Pour all ingredients into a container, mixing until thickened. Cover eggnog and chill for 1- 2 hours in the refrigerator.

Number of Servings: 1