

Tofu Pumpkin Pie

Ingredients

1 package (10.5 oz) firm silken tofu
1 can (15 oz) mashed pumpkin
½ cup brown sugar
¼ cup white sugar
1 tsp ground cinnamon
½ tsp ground ginger
¼ tsp ground cloves
¼ tsp ground nutmeg
1 unbaked 9" pie shell

Preparation

1. Preheat oven to 425° F.
2. Drain tofu well and puree in blender until smooth.
3. In a mixing bowl, whisk together pumpkin and sugars. Whisk in the spices and the pureed tofu.
4. Pour the mixture into the pie shell and bake at 425° F for 15 minutes. Lower the heat to 350° and bake for an additional 40 minutes. Chill before cutting into eighths.

Nutrition Information

Per serving without crust:

116 calories
1 gram of fat
3 grams protein
25 grams of carbohydrate
1.1 gram of fiber

Per serving with crust:

206 calories
6 grams of fat
4 grams of protein
36 grams of carbohydrate
1.1 gram of fiber