

# Pumpkin Pie

2 Servings | ½ Fat | 2 Condiments | 1 Fueling

## Ingredients

### **Crust:**

1 pkt. Maple & Brown Sugar Oatmeal  
1/2 cup water

### **Filling:**

1 pkt Eggs  
4 tsp Pumpkin Puree  
1/4 cup Water  
6 Tbsp Light Coconut Milk (from can)  
½ tsp Pumpkin Pie Spice  
1 pkt Splenda

## Instructions

Set oven to Broil/500°F

Mix oatmeal and water in a microwavable dish. Heat in micro for 30 seconds, remove and stir.

Heat again for 30 secs, remove and stir. Oatmeal should be a thick gummy texture similar to a cookie dough. Lightly spray two ramekins or large cupcake tin cups with cooking spray. Divide oatmeal into two portions and using wet fingers press half the mixture into the bottom of sides of dish to create a crust.

Keep dipping finger tips into water to facilitate smoothing of the dough. Place on a cookie sheet and bake under broiler for 5-10 minutes or until oatmeal has firmed throughout and started to brown.

Remove from oven and reduce heat to 350°F

If the crust has raised in the center simply depress with a spoon or place weights to flatten.

Set aside.

Mix the remaining ingredients in a small blender or whisk in a bowl. Pour half of mixture into each prepared crust. Pour a layer of water onto cookie sheet to create a bath for the pies.

Carefully place in oven and bake for about 25-30 minutes or center is set and toothpick comes out clean.