

A Recipe for Sweet Success

(NAPSA)—Celebrate a happy and healthy holiday season that everyone can enjoy. This year, more and more Americans are watching their waistlines and wishing for desserts that are lower in sugar but still great tasting. The solution? Chefs around the country are recommending SPLENDA® No Calorie Sweetener, as it allows for a little indulgence in sweet cravings, without all the added calories from sugar. SPLENDA® has proven itself to be a healthy alternative in cooking and baking. It can be used almost anywhere sugar is used because it retains its sweetness under high temperatures. At a time of year when many tend to overindulge, try baking healthier desserts for the whole family that still have great taste without the extra sugar.

This delicious, yet nutritious, pumpkin pie shaves away more than half the calories, and almost all of the sugar. As one of America's most popular desserts from the time the leaves fall to the time Santa comes down the chimney, it's a great choice for the whole family. Want more good news? It's a great option for people with diabetes, too.

SPLENDA® Pumpkin Pie Makes 1 nine inch pie (8 servings)

**Preparation Time: 10 minutes
Bake Time 35-40 minutes**

**1 Prepared Pie Crust
1 15 Oz. Can Pumpkin Puree
¾ Cup SPLENDA® No Calorie
Sweetener, Granular**



Impress the in-laws and leave the kids begging for more with this delectable pumpkin pie. This pie, when made with SPLENDA® No Calorie Sweetener, has an 87 percent reduction in sugar.

**2 Tbsp. Corn Starch
½ tsp. Ground Cinnamon
1½ Tbsp. Pumpkin Pie Spice
¼ tsp. Salt
½ Cup Fat Free Half & Half
½ Cup Egg Substitute
3 Tbsp. Heavy Cream
1 Tbsp. Pure Vanilla Extract**

**1. Preheat oven to 400° F.
2. Blend pumpkin puree, SPLENDA®, cornstarch, spices, and salt in a medium sized mixing bowl. Mix until all ingredients are well blended. Add remaining ingredients and mix well.**

3. Pour into prepared pie-crust. Bake 35-40 minutes or until set in the center and the crust is golden brown.

**Pumpkin Pie Nutrition
Facts Exchanges per serving
1½ starch, 1 fat. Serving Size:
1 piece (⅛ pie).**

Total Calories 170; Calories from Fat 70; Total Fat 8g; Saturated Fat 3.5g; Cholesterol 15mg; Sodium 140 mg; Total Carbohydrate 21g; Dietary Fiber 2g; Sugars 4g; Protein 4g; Vitamin A 170%; Calcium 2%; Vitamin C 0%; Iron 8%.

This recipe, when compared to a traditional full fat pumpkin pie, has a 54 percent reduction in total carbohydrates, a 56 percent reduction in calories, an 87 percent reduction in cholesterol, a 6 percent reduction in fat and an 87 percent reduction in total sugars!