

No-bake Cream Cheese Pumpkin Pie

Makes 2 9 inch pies or 16 servings (Serving size is 1/8th of pie)

Ingredients:

- 15 oz canned pumpkin pie filling
- 8 oz light cream cheese
- 1 tsp pumpkin pie spice
- 8 oz light cool whip
- 2 9 inch graham cracker pie crusts
- 2 Tablespoons per serving light cool whip (for serving)
- Sprinkle of cinnamon



Method:

1. Mix pumpkin, cream cheese and spice in a large bowl until well blended.
2. Fold in 8 oz of cool whip gently, so that it stays fluffy.
3. Spoon into pie shells. Crusts should be well filled.
4. Cover and refrigerate for one hour.
5. To serve, top with 2 Tablespoons cool whip on each piece with a light sprinkle of cinnamon for the perfect finishing touch!

1/8 slice of pie provides:

- 204 calories
- 3 grams protein
- 26 mg carbohydrate
- 208 mg sodium
- 88 mg potassium
- 49 mg phosphorus

Note: Canned pumpkin pie filling is lower in potassium than canned pumpkin. One small serving of this dessert made with pumpkin pie filling is considered one low potassium choice.

Recipe submitted by Robin Scull from DCi (Dialysis Clinic, Inc) Clarion