

Pumpkin Pie

4 oz. light cream cheese, softened
1 tbsp. skim milk
3 pkts. Splenda® sweetener
1 1/2 cups Cool Whip Lite®
1 prepared 9" graham cracker pie crust
1 cup skim milk, cold
16 oz. canned pumpkin
2 pkgs. vanilla instant pudding, no-added-sugar (4 serving size)
1 tsp. cinnamon, ground
1/2 tsp. ginger, ground
1/4 tsp. cloves, ground

Mix cream cheese, 1 tbsp. milk and 3 pkts. Splenda in a large bowl with wire whisk until smooth. Gently stir in whipped topping. Spread on bottom of crust.

Pour 1 cup of cold milk into large bowl. Add pumpkin, pudding mixes and spices. Beat with wire whisk until well mixed. Mixture will be thick. Spread over cream cheese layer. Refrigerate 4 hours or until set. Garnish with additional whipped topping, if desired. Makes 8 servings.

Nutrition Information per serving: calories 218; protein 5 grams; fat 8 grams; sodium 367 mg