

BRC Healthy Meal of the Week

Frozen Pumpkin Mousse Pie - A Delicious, Healthy Holiday Treat

Ingredients (10 Servings)

30 small gingersnap cookies, (about 7 1/2 ounces)
2 tablespoon raisins
1 tablespoon canola oil
1 cup canned pumpkin puree
1/3 cup packed brown sugar
1/2 teaspoon ground cinnamon
1/4 teaspoon ground ginger
1/4 teaspoon freshly grated nutmeg
2 pints (4 c frozen low-fat vanilla ice cream, softened (see Tip)

Cooking Instructions—Total Cooking Time 120 minutes

Step 1

Preheat oven to 350°F. Coat a 9-inch deep-dish pie pan with cooking spray.

Step 2

To prepare crust: Combine gingersnaps and raisins in a food processor and pulse until finely chopped. Add oil and pulse until blended. Press evenly into the bottom and up the sides of the prepared pan.

Step 3

Bake the crust until set, about 10 minutes. Transfer to a wire rack to cool completely.

Step 4

To prepare filling: Combine pumpkin, sugar, cinnamon, ginger and nutmeg in a large bowl and mix well. Add ice cream and stir until blended. Spoon the mixture into the cooled pie crust. Freeze until firm, at least 2 hours. Let the pie soften slightly in the refrigerator for 20 to 30 minutes before serving.

MAKE AHEAD TIP

Cover and freeze the pie for up to 3 days. | Equipment: 9-inch deep-dish pie pan

RECIPE TIPS

Tip: To soften ice cream quickly, microwave on Medium-Low for 30 to 60 seconds.

Nutrition Facts

Calories: 230

Carbohydrates: 42g

Fat: 5g

Protein: 4g

Dietary Fiber: 2g

Saturated Fat: 1g

Monounsaturated Fat: 2g

Cholesterol: 4mg

Potassium: 165mg

Sodium: 179mg

