

# Crustless Pumpkin Pie with Master Mix

Makes 8 servings | **Vegetables** • **Grains** • **Dairy**

## Ingredients

- ¾ cup sugar
- ½ cup CNP Master Mix
- 2 Tablespoons canola oil
- 1 12-ounce can fat-free evaporated milk
- 2 eggs
- 1 15-ounce can pumpkin
- 3 ½ teaspoons pumpkin pie spice
- 2 ½ teaspoons vanilla
- Nonstick spray

## Directions

1. Wash hands with warm soapy water for 20 seconds.
2. Preheat oven to 350°F.
3. Combine all ingredients in a medium bowl and beat 2 minutes or until smooth.
4. Coat a 9-inch pie plate with nonstick spray. Pour mixture into pie plate.
5. Bake at 350°F for 50-55 minutes or until a knife inserted in the center comes out clean.
6. Refrigerate leftovers.

# Master Mix

Makes 10 cups | **Grains**

## Ingredients

- 4 cups all-purpose flour
- 4 cups whole wheat flour
- ¼ cup baking powder
- 3 Tablespoons sugar
- 1 Tablespoon salt
- 1 cup canola oil

## Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. In a large bowl combine flours, baking powder, sugar and salt.
3. Drizzle oil over dry mixture. Cut in with pastry blender, fork or fingers until it resembles coarse cornmeal.
4. Store in a tightly covered container in refrigerator. Keeps 3 months in refrigerator.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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