



Pumpkin Meringue Pie

Crust Ingredients:

- 1 packet Golden Pancake mix
- 2 oz. water
- 1 tsp. pumpkin pie seasoning

pudding Filling:

- 1 Vanilla Pudding mix
- 1 egg
- 2 tsp. olive oil
- 1 tsp. vanilla extract
- 1 tsp. pumpkin pie spice
- ½ tsp. nutmeg
- ½ tsp. cinnamon
- 2 packets Splenda or Stevia

Meringue Ingredients:

- 1 egg white
- 2-3 packets Splenda or Stevia
- 1/8 teaspoon cream of tartar
- 1 teaspoon vanilla extract
- Walden Farms Caramel Syrup

Crust Directions:

1. In a shaker, mix the pancake mix, pie seasoning and 2oz. of water.
2. Spray a non-stick pan with olive oil spray
3. Pour mixture into pan and heat until pancake is soft and pliable. (DO NOT let it get crispy)
4. Slip the pancake onto a glass pie plate and shape like a pie crust

Filling Directions:

1. Mix all the pudding ingredients together in a shaker
2. Pour into crust.
3. Bake at 425° F for 9 minutes

Meringue Directions:

1. While the above is baking, beat the egg white to form peaks.
2. Add the sweetener, cream of tartar and extract. Using less sugar will make the peaks softer.
3. Remove pie from oven and spread meringue on top.

4. Place the pie back in the oven at 325° F and bake for another 9 minutes. Let cool
5. Drizzle top of pie with Walden Farms Maple Syrup. Enjoy!!

Servings: makes 2 servings. Each serving = 1 protein product, 2 extras, 1 oz. lean protein.

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