



# Frozen Pumpkin Mousse Pie



Where service *and savings* matter.

**SERVINGS:** 10

**INGREDIENTS:**

## NUTRITIONALS

Nutritional analysis per serving:  
calories 230, fat 5g, cholesterol  
4mg, carbohydrate 42g, protein 4g,  
fiber 2g, sodium 179mg, potassium  
165mg, vitamin A 80%

### CRUST

30 small gingersnap cookies (about 7 1/2 oz)  
2 Tbsp raisins  
1 Tbsp canola oil

### FILLING

1 cup canned pumpkin puree  
1/3 cup (2 1/2 oz) packed brown sugar  
1/2 tsp ground cinnamon  
1/4 tsp ground ginger  
1/4 tsp ground or freshly grated nutmeg  
2 pints (4 cups or 1 pound 2 1/2 fl oz) frozen low-fat  
vanilla ice cream, softened (see tip, below)

**Tip:** To soften ice cream quickly, microwave on medium-low for 30 to 60 seconds.

## DIRECTIONS:

1. Preheat oven to 350 degrees F. Coat a 9-inch deep-dish pie pan with cooking spray.
2. To prepare crust: Put raisins in a food processor and pulse until finely chopped; add gingersnaps and pulse until cookies are finely chopped. Add oil and pulse until blended. Press evenly into the bottom and up sides of the prepared pan. Bake the crust until set, about 10 minutes. Transfer to wire rack to cool completely.
3. 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. If desired, garnish with whipped topping and dash of ground cinnamon.

Recipe adapted from Eating Well Magazine, December 2007.

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# Shopping List

### DAIRY:

- 2 pints frozen low-fat vanilla ice cream

### SPICES/SEASONINGS:

- Cinnamon
- Ginger
- Nutmeg

### GROCERY/FROZEN/ MISCELLANEOUS:

- 1 box gingersnap cookies
- Raisins
- Food Club canola oil
- 1 can Food Club pumpkin
- Food Club brown sugar

FOLD