

CELEBRATING NATIONAL DIABETES MONTH!

*A Healthy Recipe
for the Holidays*



Crustless Low Carb Pumpkin Pie

BAKE TIME: 30 - 40 MINUTES SERVINGS: (1/8 OF THE PIE)

INGREDIENTS

1 1/2 cups fresh pumpkin or 1 (15 ounce) can pumpkin puree
3 eggs
3/4 cup Splenda® Sugar Blend for Baking (not packets)
1/2 tsp salt
1 tsp cinnamon
1/4 tsp cloves or 1 3/4 tsp pumpkin pie spice
3/4 cup heavy cream or 3/4 cup light cream

DIRECTIONS

1. Preheat oven to 350°F.
2. Mix all ingredients together.
3. Pour into a well sprayed pie pan.
4. Bake for 30 to 40 minutes.

Note: DO NOT use Splenda packets on this one.

Nutritional Information (per serving)

Calories: 182.1 Total fat: 10.1 g Saturated Fat: 5.7 g Total Carbohydrates: 20.4 g
Protein: 3 g Fiber : 0.3 g Cholesterol: 100.3 mg Sodium: 181.2 g



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DIABETES EDUCATION PROGRAM EVENTS INCLUDE: COMMUNITY HEALTH FAIRS, CARBOHYDRATE COUNTING FOOD TOURS, DIABETES COOKING CLASSES & VARIOUS DIABETES & NUTRITION SPEAKING EVENTS.

Nutrition and Diabetes Education offered! Call 937.840.6573 for more information

EDUCATION INCLUDES

DIET MANAGEMENT

EXERCISE MANAGEMENT

MEDICATION MANAGEMENT

BLOOD GLUCOSE MONITORING/BLOOD GLUCOSE TARGETS

LAB RESULTS REVIEW & TARGETS (A1C, FASTING BLOOD GLUCOSE, CHOLESTEROL, ETC.)

FOOT, EYE & DENTAL CARE

SIGNS & SYMPTOMS OF HYPER/HYPOGLYCEMIA & TREATMENT PROTOCOL