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TOFU PUMPKIN PIE!

Ingredients:

- 1 can (16 ounces) pureed pumpkin
 - $\frac{3}{4}$ cup sugar
 - $\frac{1}{2}$ teaspoon salt
 - 1 teaspoon ground cinnamon
 - $\frac{1}{2}$ teaspoon ground ginger
 - $\frac{1}{4}$ teaspoon ground cloves
 - 1 package (10.5 ounces) organic Silken tofu, * packed in water, rinsed, processed in blender until smooth
 - 1 (9-inch) unbaked pie shell
- *choose tofu made with soy beans rather than soy protein concentrate

Directions: Preheat oven to 425° F. In a blender (**Vitamix), blend the pumpkin and sugar. Add salt, spices, and tofu into the pumpkin mixture and blend again thoroughly. Pour the mixture into a pie shell and bake for 15 minutes. Lower the heat to 350° F and bake for an additional 40 minutes. Chill before serving.

Total servings: 9

Nutrition Analysis **per serving:**

216 calories, 37 grams Carbohydrates, 3 grams Protein, 7 grams Fat

****To purchase a Vitamix, the power blender for making smoothies and soups, etc. go to www.livitian.com and select the products tab.**