

Frozen Pumpkin Mousse Pie

Yield: 10 servings

Crust Ingredients:

- 30 small gingersnap cookies, about 7½ oz.
- 2 tbsp raisins
- 1 tbsp canola oil

Filling Ingredients:

- 1 cup canned pumpkin puree
- ⅓ cup packed brown sugar
- ½ tsp ground cinnamon
- ¼ tsp ground ginger
- ¼ tsp freshly grated nutmeg
- 2 pints (4 cups) frozen low-fat vanilla ice cream, softened (see Tip)

Tips and Notes:

- Make ahead: Cover and freeze the pie for up to 3 days.
- To soften ice cream quickly, microwave on medium-low for 30-60 seconds.

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Directions:

1. Preheat oven to 350° F. Coat a 9” deep-dish pie pan with cooking spray.
2. To prepare crust, combine gingersnaps and raisins in a food processor and pulse until finely chopped. Add oil and pulse until blended. Press evenly into the bottom and up the sides of the prepared pan.
3. Bake the crust until set, about 10 minutes. Transfer to a wire rack to cool completely.
4. 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 20-30 minutes before serving.

Nutrition Facts: (per serving)

Calories: 230 • Fat: 5g

Sodium: 179mg • Carbohydrates: 42g

Dietary Fiber: 2g • Protein: 4g



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