

Cardiovascular Healthy Recipe

VDF is proud to offer heart healthy recipes for you and your loved ones from the “*Keep the Beat: Heart Healthy Recipes*” cookbook from the National Heart, Lung, and Blood Institute (NHLBI). For a \$25 tax deductible donation to VDF you can get your own copy of this yummy cookbook! Contact VDF by e-mail at info@vdf.org, or by phone at **888.833.4463** to order your copies today. In preparation for the holiday season, here’s a heart-healthy pumpkin pie!

Crunchy Pumpkin Pie

For Crust:

- 1 C quick cooking oats
- ¼ C whole wheat flour
- ¼ C ground almonds
- 2 T brown sugar
- ¼ tsp salt
- 3 T vegetable oil
- 1 T water



For Filling:

- ¼ C brown sugar, packed
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp salt
- 1 egg, beaten
- 4 tsp vanilla
- 1 C canned pumpkin
- 2/3 C evaporated skim milk

1. Preheat oven to 425^o F.

To Prepare Crust:

2. Mix oats, flour, almonds sugar and salt in small mixing bowl.
3. Blend oil and water in measuring cup with fork or small wire whisk until emulsified.
4. Add oil mixture to dry ingredients and mix well. If needed, add small amount of water to hold mixture together.
5. Press into 9-inch pie pan, and bake for 8 – 10 minutes, or until light brown.
6. Turn down oven to 350^o F.

To Prepare Filling:

7. Mix sugar, cinnamon, nutmeg and salt in bowl.
8. Add egg and vanilla and mix to blend ingredients.
9. Add pumpkin and milk and stir to combine.

Putting It Together:

10. Pour filling into prepared pie shell.
11. Bake for 45 minutes at 350^o F. or until knife inserted near center comes out clean.

One serving (1/9 pie) provides: Calories: 169; Total fat: 7 g; Saturated fat: 1 g; Cholesterol: 24 mg; Sodium: 207 mg; Total fiber: 3g; Protein: 5g; Carbohydrates: 22g; Potassium: 223mg.